ALL THE BEST SHOWS THIS WEEK

8 EXTRA PAGES!

31 JAN-6 FEB 2026

TV & Satellite week

WINTER OLYMPICS

Our guide to all the live action as Team GB goes for gold in Milano Cortina

HotList This week's 28

Saturday 31

Prisoner of War

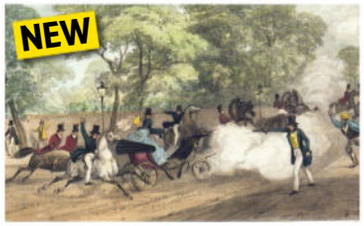
***ACTION THRILLER** Sky Premiere, 10.20am & 9.35pm*

Mixed martial artist Scott Adkins (above) stars in this fact-based World War Two action drama as a POW in a Japanese camp. *See review, page 21*

Premier League

***FOOTBALL** Sky Sports & TNT Sports 1*

This weekend's top-flight coverage includes the London derby between Chelsea and West Ham (Sky Sports, k-o 5.30pm), followed by Liverpool v Newcastle (TNT Sports 1, k-o 8pm).



The Assassinations of Queen Victoria

***DOCUMENTARY** 5, 8.30pm*

One-off telling the fascinating story of how Queen Victoria survived an astonishing eight attempts on her life – making her the most targeted of any British monarch.

Phil Collins Eras: In Conversation

***FACTUAL** BBC2, 11pm*

As part of an evening celebrating his 75th birthday, this one-off sees the singer (above) talk to Zoe Ball about his career, from Genesis' drummer to a successful solo artist.

■ Full listings start on **p43**

Sunday 1

The Night Manager

***THRILLER** BBC1, 9pm*

As the thriller reaches its climax, Jonathan Pine (Tom Hiddleston, above) plots to finally bring arms dealer Richard Roper down. Meanwhile, Angela Burr (Olivia Colman) returns to help. *See feature, page 7*

Secret Genius

***FACTUAL** C4, 9pm*

Comic Alan Carr and *Countdown*'s Susie Dent (both above) team up to search for geniuses from normal walks of life, while encouraging viewers at home to play along. Continues tomorrow. *See feature, p10*

Mock the Week

***ENTERTAINMENT** TLC, 9pm*

Revived after its axing by the BBC, and now on TLC, Dara Ó Briain (above) is back at the helm of the panel show, with series guests set to include Rhys James and Sara Pascoe. *See feature, page 8*

Long Story Short

***DRAMA** BBC3, from 9pm*

Seven short dramas by new writers are being screened back-to-back, starting with *True Love and Wormholes*, which stars Corey Mylchreest (above, left) as a man from the future trying to save the planet.

■ Full listings start on **p53**

Monday 2

Vinnie Jones in the Country

***FACTUAL** Discovery+*

The former footballer and his PA girlfriend Emma are back for a third series, with work set to start on their long-awaited Sussex lake-house renovation.

Silent Witness

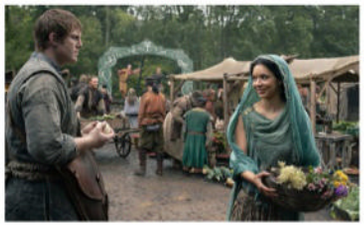
***CRIME DRAMA** BBC1, 9pm*

David Caves and Emilia Fox (both above) return for a new run of the crime drama, with newly-weds Jack and Nikki on their first case in their new workplace of Birmingham. Continues tomorrow. *See feature, page 4*

Platoon 24/7: Preparing for War

***DOCUMENTARY** 5, 9pm*

A group of soldiers come together as a platoon for the first time following their basic training, and are thrown straight into an exercise in the Brecon Beacons.



A Knight of the Seven Kingdoms

***FANTASY DRAMA** Sky Atlantic, 9pm*

When Ser Duncan gets himself into hot water with Prince Aerion Targaryen this week, the truth about precocious young Egg is finally laid bare. *See feature, p10*

■ Full listings start on **p63**

Tuesday 3

EFL Cup: Semi-final 2nd Leg

***FOOTBALL** ITV1 & Sky Sports, k-o 8pm*

Arsenal and Chelsea face each other in tonight's semi-final second leg, while tomorrow Newcastle take on Man City (Sky Sports Main Event, k-o 8pm).

Lost Grail with Alice Roberts

***DOCUMENTARY** Sky History, 9pm (box set, Sky Box Sets/NOW)*

Three-part series in which Professor Alice Roberts (above) sets out to decode the truth behind Britain's Holy Grail legends. *See Documentaries, page 18*

Sin City: The Real Las Vegas

***DOCUMENTARY** BBC3, 10.15pm & 11pm (box set, BBC iPlayer)*

Known as the gambling capital of the world, this series looks at ways the city has reinvented itself in recent years.

Trying

***COMEDY** BBC1, 10.40pm & 11.05pm (times vary)*

Season 2 of the comedy with Esther Smith and Rafe Spall (both above). Wannabe parents Nikki and Jason continue their adoption journey.

• ***Previously shown on Apple TV***

■ Full listings start on **p73**

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Wednesday 4

The Muppet Show

***ENTERTAINMENT** Disney+*

Miss Piggy, Kermit the Frog and the gang are back for a one-off special of their variety show, with guests including Sabrina Carpenter and Seth Rogen. *See Your Watchlist, page 12*

Winter Olympics: Curling

***WINTER SPORTS** TNT Sports 2 & Discovery+, coverage from 6pm*

Team GB start their Games in Italy with a mixed doubles round-robin match against Norway in the curling. *See Winter Olympics Special, pages 27-35*

Our Yorkshire Pub Rescue with Jon Richardson

***REALITY** More4, 9pm*

This series follows the comedian (above) as he tries to fulfil his ambition to run a pub – The Plough, a derelict village boozer in the North York Moors. *See feature, p6*

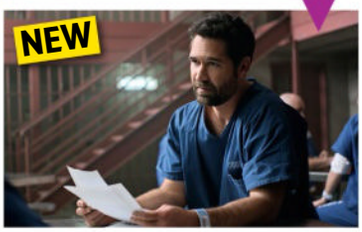
Michael Jackson: The Trial

***DOCUMENTARY** C4, 9pm (box set, Channel 4 Streaming)*

This four-parter examines the infamous 2005 trial of late pop superstar Michael Jackson (above). Continues tomorrow. *See Documentaries, page 19*

■ Full listings start on **p83**

Thursday 5



The Lincoln Lawyer

***DRAMA** Netflix*

As the legal drama returns, Mickey (Manuel Garcia-Rulfo, above) finds himself on the other side of the courtroom as he fights to prove his innocence after being framed for murder. *See Your Watchlist, page 14*

Cash Queens

***DRAMA** Netflix*

Action-packed French heist drama about five women who plot a series of armed bank robberies, disguised as men, but it's not long before the police, politicians and gangsters are on their tails...

Six Nations

***RUGBY UNION** ITV1, kick-off 8.10pm*

Defending champions France open the campaign by hosting Triple Crown winners Ireland, with Antoine Dupont (above) likely to lead out Les Bleus after his injury in Dublin last year. *See Sport Week, p36*

FBI

***CRIME DRAMA** Sky Witness, 9pm*

As Season 8 kicks off, the team is tasked with investigating the disappearance of a judge who has himself been tracking his missing son. Meanwhile, Special Agent Isobel Castille remains in critical condition.

■ Full listings start on **p93**

Friday 6

Finding Harmony: A King's Vision

***DOCUMENTARY** Prime Video*

This film talks to King Charles (above) about his mission to create a 'harmony' philosophy, and how his vision has sparked a global movement. *See Your Watchlist, page 15*

Winter Olympics: Opening Ceremony

***WINTER SPORTS** TNT Sports 2, Discovery+ & BBC2, coverage from 5.30pm*

A spectacular show to mark the opening of the Games at Milan's San Siro Stadium. *See Winter Olympics Special, p27-35*

The Graham Norton Show

***CHAT SHOW** BBC1, 10.40pm (times vary)*

Joining Graham Norton tonight are *Wuthering Heights* stars Margot Robbie (above) and Jacob Elordi, plus Oscar-nominated actor Amanda Seyfried. Music comes from Jacob Alon.

Silver Haze

***DRAMA** BBC2, 11pm*

This drama is at times tough to watch, but it's worth persevering for the excellent performances. It centres on a young nurse (Vicky Knight) who finds love with a troubled patient. *See review, p25*

■ Full listings start on **p103**

31 JAN-6 FEB 2026

4 TV Week
Emilia Fox and David Caves return for the latest series of *Silent Witness*, satirical panel show *Mock the Week* has a new home on TLC, it's the final episode of *The Night Manager*, plus Jon Richardson's new show *Our Yorkshire Pub Rescue*

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Dr Nikki Alexander (Emilia Fox)

SILENT

Emilia Fox and her trusty team move to a dark and dangerous new city...

NEW CRIME DRAMA

Silent Witness

Monday & Tuesday, 9pm, BBC1

It's 30 years since *Silent Witness* made its debut on BBC1, and to mark the anniversary, it's all change for forensic pathologist Dr Nikki Alexander (Emilia Fox) and her team when the new series relocates to Birmingham.

At the end of the previous season, Nikki was summoned to the Home Office and asked to set up a forensic centre of excellence based out of Birmingham General Hospital – but only if Harriet Maven (Maggie Steed) remained in charge.

Now, as the new run of five stories told over 10 episodes begins, we find Nikki and her colleagues – which also include her pathologist husband Jack Hodgson (David Caves) and crime analyst Kit Brooks (Francesca Mills) – solving more complex murder cases from a new base, the Sir William Bowman Centre of Excellence in Birmingham.

This week, Nikki and Jack hunt a suspected hitman, who later claims responsibility for a murder that gripped the nation, a crime for which someone else is serving jail time. Meanwhile, after tying the knot at the end of the last series, the couple must adjust to life as newly-weds.

Here, Fox, 51, tells *TV&Satellite Week* what lies ahead…

What has it been like to film the latest series in a new city? I've loved it. Everyone's been super-welcoming when we are out and about, which is really lovely. It's been fascinating to learn about Birmingham's history, and explore the city's different areas.

We've got some crew who have come with us but some local crew, too. It's been very invigorating and all of us have felt excited by it.

The Lyell Centre has been the bustling hub of activity since 1999. What has it been like to film on a completely new set? It's weird, because you realise that after so many years, you've got ingrained habits because we have been at the Lyell Centre for so long. It takes getting used to. It's been interesting.

Jack Hodgson (David Caves)

WORDS: MICHAEL DARLING. PHOTOS: ALAMY, BBC

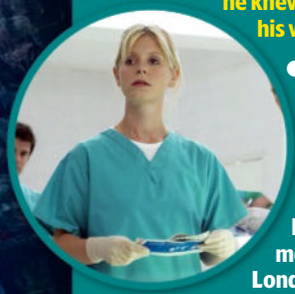
NIGHTS

Harriet, Jack, Kit and Nikki

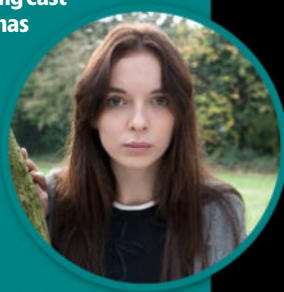
BEARING WITNESS

● The first episode of *Silent Witness* was broadcast on 21 February 1996 and featured Dr Sam Ryan, played by Amanda Burton (right), who remained in the lead role until 2004.

● Former murder squad detective Nigel McCrery created the series and based Sam Ryan on a real-life forensic pathologist, Professor Helen Whitwell, whom he knew through his work.



● For the first three series, the show was set in Cambridge before moving to London from the fourth series onwards. Emilia Fox (left) is the longest-serving cast member and has appeared in 22 series.



● Famous guest stars over the years have included Sir Idris Elba, Benedict Cumberbatch, Daisy Ridley, Jodie Comer (above) and Martin Compston.

Does the drama have a different feel because it's in Birmingham? Birmingham has provided a new identity for the show because it was so associated with London. There is a new visual feel, and we get to explore different worlds.

What has it been like for you and David Caves to play Nikki and Jack as a married couple? It's lovely to play the newness of Jack and Nikki's marriage, and then the newness of being here. It's nice that we get to play a married couple, and a couple at work. It gives it a different feel.

You have been playing Nikki for more than 21 years. What have you learnt about the work of a pathologist along the way? I like learning new things, but I think the writers and the expert pathologists, who we work with, enjoy setting me harder and harder things to say! I wouldn't be able to play Nikki if I didn't have a genuine interest in forensics. So for me, it's the dream job, as it was when I joined all those decades ago, because I'd grown up on mysteries and have always loved the crime genre.

Why do you think *Silent Witness* continues to be so popular with viewers? It's crime-solving, but from a different angle. It takes you through the scientific, medical side of things, and pieces it together through the victim. I feel very proud of the show and the people who are and who have been in it. The fact that viewers still want to watch it and that the BBC still wants to make it means more to me than anything.

WELCOME TO BRUM

The series' new location is part of the BBC's initiative to move TV production out of London and boost employment in other parts of the UK. *Silent Witness* is now filmed at The Bond, a former 19th-century gasworks and ice factory in Digbeth, a one-time industrial area that is now Birmingham's Creative Quarter.

'The Bowman has a unique identity,' says Fox. 'I came up and saw it a couple of times while it was being put together. The production team has done an amazing job. They have not only made it look visually interesting, but they have also updated the whole mortuary with all-new equipment.'

Inn at the deep end

Beer-loving **Jon Richardson** sets out to restore a run-down pub

NEW REALITY

Our Yorkshire Pub Rescue with Jon Richardson

Wednesday, 9pm, More4

Comedian Jon Richardson swaps telling jokes for pulling pints this week when he fulfils his dream of owning a village pub.

For his More4 series *Our Yorkshire Pub Rescue with Jon Richardson*, cameras follow the *8 out of 10 Cats Does Countdown* team captain as he invests his time, money and (very limited) DIY skills into helping reopen The Plough, a derelict village boozer in Fadmoor, North Yorkshire, which has stood empty since 2011.

'I love pubs so much that I turned my garage into one, but it didn't scratch the itch, so now I've ended up owning one – or a share of a crumbling one, anyway,' he explains. 'Pubs are the beating heart of their communities and we're hopefully going to bring The Plough back to its former glory.'

Joining forces with locals, the *Waterloo Road* star races against time to renovate the 200-year-old watering hole, which needs new electrics, plumbing and windows. But will it be open by spring?

Here, Richardson, 43, tells *TV&Satellite Week* more about the project…

Jon Richardson

Have you always wanted to run a pub?

Yes, I mentioned to my accountant that my long-term goal was to own a pub – and it's the closest he's come to punching me! But this is the dream option where I've bought shares, so I don't own the full pub, but I get to gob off about what I think it should have and what it should sell.

The Plough has been closed since 2011. What sort of state was it in when you first saw it? I imagined it would only need a bit of interior decoration, so I was flabbergasted on my first visit when I realised there were no floors, no electrics, no walls and no toilets. It meant the show became more like *Grand Designs* than a pub series. But the community is amazing. If

WORDS: HANNAH DAVIES, SEAN MARLAND. PHOTOS: BBC, C4, ADOBE STOCK

Richardson with helpers Peter (left) and John

Realising the extent of the work

they've got 10 minutes off, they don't put *First Dates* on the telly like I do. They go and do a bit of graft in the pub. I find that staggering.

You admit that your DIY skills are sketchy. How have you found the renovation? I've actually really loved the manual labour – although people laughing at my efforts seems to be a recurring theme. I've never achieved any tangible DIY before, so just to grout a tile in the new toilets was a unique feeling. I even repointed part of the stone wall outside, and I felt like a toddler sending a picture of it to every friend and family member.

What sort of landlord will you make? A terrible one! I'm quite grumpy and what I really like is a quiet pub where I can sit in the corner with a pint, not be bothered by anyone and maybe just stroke a dog every now and then. At some point the shareholders will hand the pub over to someone else to run it – but it won't be easy to give up control.

Are you planning to invite your *8 out of 10 Cats* co-stars to The Plough when it reopens? Yeah, I'd love to. Although I know Roisin Conaty wouldn't last very long without knocking something over and causing damage, and Jimmy Carr might be the first to get barred.

Stars Hiddleston and Laurie

Rumble in the jungle

Can Jonathan Pine **foil his old enemy** in the Colombian rainforest?

LAST ONE THRILLER
The Night Manager
Sunday, 9pm, BBC1

Jonathan Pine was dumbstruck when he learnt that Richard Roper had come back from the dead, and in this week's explosive finale of *The Night Manager*, the British spy launches a daring plot to bring down the arms dealer for good.

The return of Jonathan's nemesis, whom he thought had been killed after seeing what appeared to be his dead body, blew the drama's current season wide open. And Hugh Laurie was delighted to reprise the role of one of his most compelling characters.

'I'm not going to apologise for loving the worst man in the world,' smiles Laurie, 66, who managed to keep the villain's comeback a secret for several months. 'I'm repulsed by Roper, but sneakily, I love him, too.'

Last week, Jonathan (Tom Hiddleston) won over Roper's son, Teddy Dos Santos (Diego Calva), by revealing his dad's plan to abandon him after they had engineered a coup in Colombia.

Now, in the finale, Teddy makes the decision to betray Roper and work with Jonathan – and he risks his life by returning to his father as a double agent.

Diego Calva as Teddy

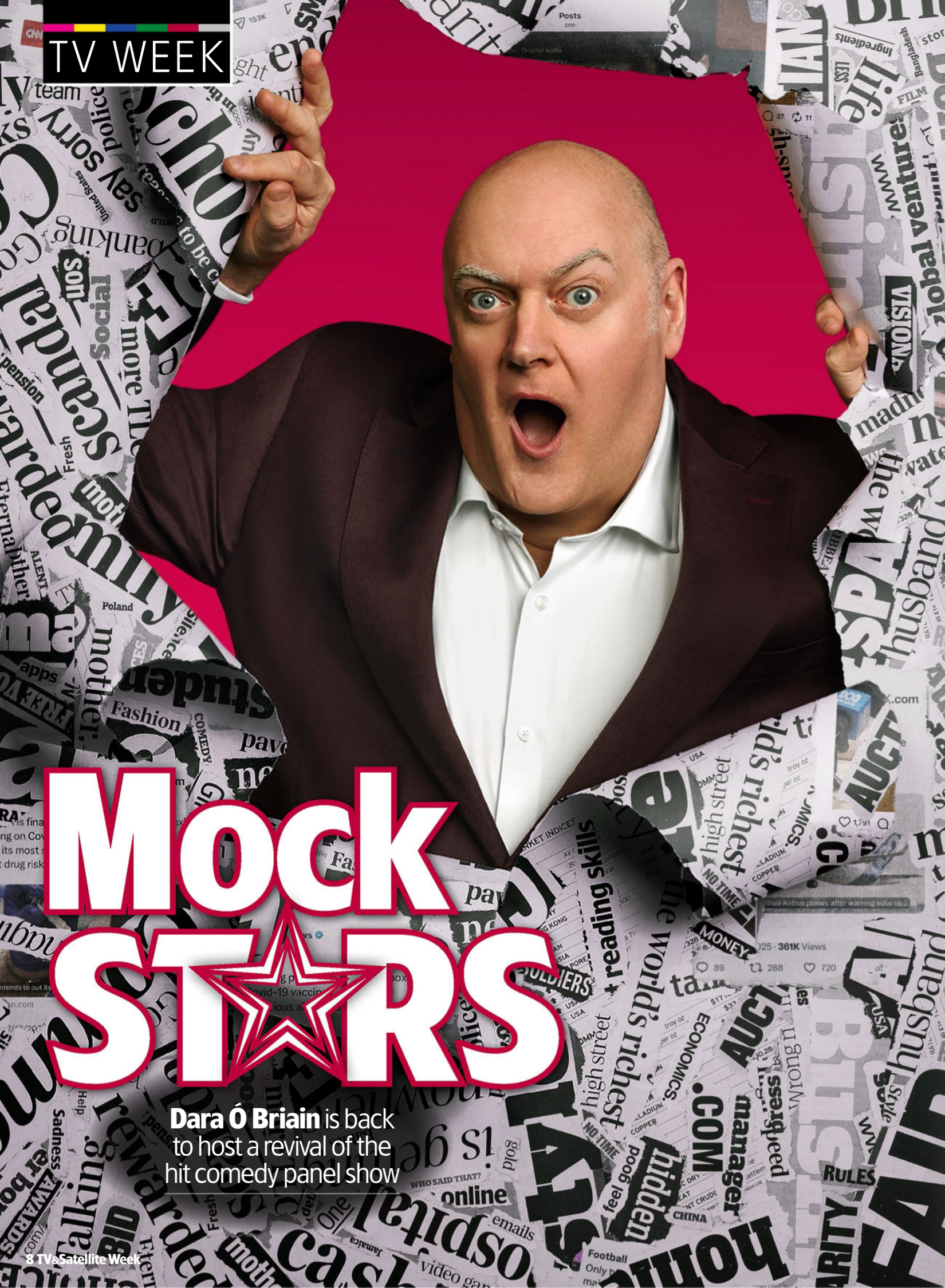
Jonathan knows Roper's plan rests upon the delivery of a special weapon to the army that he's been secretly assembling in the Colombian jungle. If Jonathan can somehow prevent it reaching its destination, the coup will fail.

DOUBLE-CROSSED

But he has no idea that his former associate, Roxana Bolaños (Camila Morrone), has betrayed him and joined forces with Roper. Will the information she can provide be crucial in the final reckoning?

'Jonathan and Roper are two sides of the same coin,' explains Hiddleston, 44. 'They are Englishmen brought up in a similar world – but they exist on opposite sides of a very thin line of moral clarity.'

Roxana Bolaños (Camila Morrone)



Mock STARS

Dara Ó Briain is back to host a revival of the hit comedy panel show

The line-up of the very first show in 2005

NEW ENTERTAINMENT

Mock the Week

Sunday, 9pm, TLC

For 17 years, between 2005 and 2022, BBC2's satirical celebrity panel show *Mock the Week* was must-watch TV that launched the comedy careers of stand-up comedians like Russell Howard, Andy Parsons and even host Dara Ó Briain himself.

Now, the show is back for a brand-new nine-part run on TLC, with Ó Briain once again in the hosting hot seat, alongside up-and-coming comedians and comedy legends answering questions about the week's news, with the wittiest answers awarded points.

Guests across the series include Rhys James, Sara Pascoe, Angela Barnes, Ed Byrne, Ahir Shah, Milton Jones, Katherine Ryan and Hugh Dennis (who appeared in every instalment of the original run), while each episode has doubled in length from 30 minutes to an hour.

Here, Ó Briain tells us about the show's revival…

What was your reaction when you heard *Mock the Week* was returning? There had been a lot of talk about it coming back, maybe in a different format, maybe as a podcast. People ask me all the time if it's coming back, so now I'm very pleased to be able to say, 'Yes!'

How has it felt welcoming back familiar faces like Hugh Dennis and Sara Pascoe? When you see these names, you know you've got a guarantee of great comedy. Rhys James is young and energetic, and he comes up with lots and lots of jokes. Sara Pascoe has real heft, while there's a touch of the unflappable elder statesman in Hugh Dennis. Ed Byrne and I have a long-standing friendship, and that chemistry works really well on the show.

What's your favourite aspect of hosting the series? Since the show ended, I've been on two comedy tours, so it will be great to be around other comics again. It's a sweet thing to be able to spend the evening in the company of these fantastic people.

How would you describe your hosting style? I'm in favour of messing around. Basically I'm there to encourage that, and to be the fertiliser for other people's jokes. I'm a utility midfielder. I've always said that I'm not made to be the Ballon d'Or winner. I'm made to be there silently doing that job in the middle of the pitch.

> **'We're not going to be short of things to joke about'**
> DARA Ó BRIAIN

One of the show's strengths is that it never runs out of material… The reason it's endured is because it's endlessly regenerating, albeit with the same Doctor! There's so much news that we're not going to be short of things to joke about.

Are you excited about the episodes extending from 30 minutes to an hour? Yes, in the past, we did two and a half hours in the studio and then they had to chop it back. So there was loads of great stuff that never got seen. But this format will allow things to grow. I just hope we haven't created a rod for our own backs.

What do you hope viewers will enjoy most about the new series? We've brought back a much-loved show, so it's like you blew the dust off your favourite vinyl album, stuck it back on and it turned out to be just as good as you remembered. It's not trying to be groundbreaking or change your life. You just watch it, relax and are very happily entertained.

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

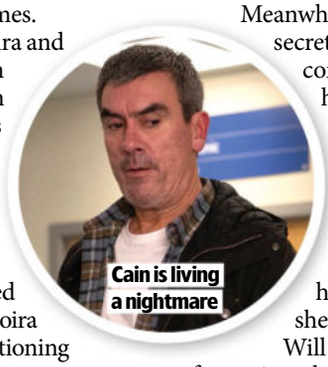
The police arrive at Moira and Cain's

EMMERDALE

Moira gets arrested for double murder!

» **Celia and Ray** may both be dead but farm owner Moira has now been implicated in the devious duo's crimes.

This week, Moira and her husband Cain are shocked when DS Walsh returns to the village to arrest them on suspicion of double murder!


Cain is living a nightmare

While Cain is eventually released without charge, Moira faces further questioning because of her business partnership with Celia at Butlers.

Moira continues to deny any prior knowledge of people trafficking and drug dealing on her land. But her interrogation takes a dramatic turn when DS Walsh later charges Moira with the murders of both Celia and illegal worker Anya, whose body was found wrapped in a blanket with Moira's DNA on it!

Meanwhile, Cain, who is secretly struggling to come to terms with his recent diagnosis of prostate cancer, witnesses his wife being taken away in a police car. When he visits Moira in prison, he is alarmed to see she has a black eye… Will she get banged up for a crime she didn't commit?

» **PLUS** Paddy and Dylan worry that Bear will accidentally reveal to the police the part he played in Ray's death, Gabby and Lydia get a fright when they find Graham at Home Farm, and Ruby spirals in the aftermath of Anya's death.

ALSO IN THE SOAPS THIS WEEK…

CORONATION STREET

» Debbie drops a bombshell on Carl ahead of her court appearance (above), Abi attempts to help her desperate ex Kevin after he climbs onto the garage roof, Todd is cashless without Theo, and what is Jodie up to at No 8?

EASTENDERS

» Love cheat Vicki is thrown when Ross unexpectedly proposes (right), Nugget learns more about who attacked him, Nigel and Julie renew their vows, and can Zoe keep her cool when Patrick questions her?

WORDS: HANNAH DAVIES, SIMON TIMBLICK. PHOTOS: BBC, ITV, TLC

LOOK WHO'S BACK...

A familiar face appearing in a new show this week

Tim Minchin

Guy Montgomery's Guy Mont-Spelling Bee Australia

NEW

Friday, 9pm & 9.50pm, BBC3 (box set, BBC iPlayer)

Born in Northampton in 1975, the multitalented star has written award-winning musicals, performed stand-up (inset), and released acclaimed albums. As an actor, his TV credits include Aussie road-trip comedy drama *Upright* (2019-22), in which he played musician Lucky Flynn. Next week, he returns to our screens in Season 2 of Disney+'s *The Artful Dodger*, playing harbour master Darius Cracksworth.

HIS NEW APPEARANCE

Minchin, 50, features in Episode 3 of this Australian comedy panel show (all episodes of which will be available on BBC iPlayer), fronted by comedian Guy Montgomery and co-host Aaron Chen. In each episode, four guests compete in challenges based on spelling. 'It's designed to be enjoyable to watch and irritating to take part in,' says Montgomery. 'There's a comfort-food quality to these shows. They don't reflect any of the crazy stuff that's happening; it's pure escapism.'

Tim Minchin

Mind games

Alan Carr and Susie Dent search for the nation's undiscovered brainboxes

NEW FACTUAL

Secret Genius

Sunday & Monday, 9pm, C4

Could the ordinary person sitting next to you on the bus have the gift of brilliant brainpower? It's estimated that thousands of people across the UK have a genius-level IQ but don't even know it. Now, C4's *Secret Genius* is determined to help them realise their true potential.

Presented by Alan Carr and *Countdown*'s resident lexicographer Susie Dent, the six-part series – created in conjunction with high-IQ society Mensa – puts participants from all walks of life through their cerebral paces by setting them a series of tricky puzzles to solve.

'It's like *Gladiators* of the mind,' Carr, 49, tells *TV&Satellite Week*. 'You know when you're watching World's Strongest Man and they pull a caravan, and you're thinking, "How do you do that?" I got that same rush watching these players tackle the games.'

SHREWD OPERATORS

Forty-eight contestants will compete across four regional heats, but only the three sharpest minds from each will qualify for a place in the final in Oxford, where they'll face their toughest tests yet in the battle to be crowned the Secret Genius.

'It's about the workings of the brain, but not in the traditional academic sense,' says Dent, 61. 'We're testing for a sort of innate intelligence that a lot of people don't realise they have – they think they're ordinary, but they're extraordinary.'

The series has been designed so that viewers can play along at home, pitting their own puzzling skills against the contestants. Carr hopes that some of the audience will see their own secret genius, and be encouraged to explore it further.

'Hopefully everybody will be watching and it will be a big hit,' he says. 'If it goes to a second series, can you imagine the brains we're going to get? It's only going to get even better – the level of intelligence is going to be through the roof.'

Contestant Helen

Ser Duncan and Egg have formed a quick bond

Bald truth

Mysterious youngster **Egg reveals his secret...**

FANTASY DRAMA

A Knight of the Seven Kingdoms

Monday, 9pm, Sky Atlantic

With his quick wits and knowledge of high society, Egg has become the perfect squire for Ser Duncan (Peter Claffey) as the knight looks to make a name for himself at the tourney on Ashford Meadow.

But there is more to the youngster than meets the eye – and he reveals the shocking truth about his family history in this week's episode.

LANDING THE ROLE

Dexter Sol Ansell, who plays Egg, refuses to say more about the secret his character's been hiding, but the 11-year-old was delighted to get the role despite being too young to have watched his fantasy drama's parent show, *Game of Thrones*.

WORDS: SEAN MARLAND, RICHARD MCCLURE, STEVEN PERKINS. PHOTOS: BBC, C4, SHUTTERSTOCK, SKY, HBO, CBS

Stars Dexter Sol Ansell and Peter Claffey

'At the start of auditioning, I didn't really know what *A Knight of the Seven Kingdoms* was about,' says Ansell. 'When my mum told me how big it was, I was so excited.'

After winning the part, the youngster was told that to match Egg's distinctive look, he'd have to shave his hair off – something he was more than happy to do.

'There is a reason why Egg has no hair, and author George RR Martin said he didn't want me to wear a bald cap,' he explains. 'The barber shaved it right down the middle on the very first go. I wondered what I'd got myself into!'

BIG FUTURE

Those who've read Martin's novellas upon which the show is based – *The Hedge Knight* (1998), *The Sworn Sword* (2003) and *The Mystery Knight* (2010) – will know that Egg's role is set to grow as the story continues, and Ansell was pleased to get the famous author's approval.

'He came on set one day when we were filming a tug-of-war scene and I spent a lot of time hanging from a rope,' he smiles. 'George said to me, "You look like you've jumped out of the book. You are perfect. You are Egg." That made me feel great.'

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

NEW

FBI

Thursday, 9pm, Sky Witness

As the crime procedural returns for Season 8, Isobel is fighting for her life while the team investigates the case of a judge kidnapped by an armed civilian militia. And as OA and Maggie (Zeeko Zaki and Missy Peregrym, both right) come under threat, there are shocking and fatal consequences. Look out for *Law & Order: Special Victims Unit*'s Juliana Aidén Martinez joining the cast later in the run as a new agent.

Phil Collins Eras: In Conversation

Saturday, 11pm, BBC2

To celebrate his 75th birthday on 30 January, musician Phil Collins (right) sits down with Zoe Ball to talk about a career that's spanned over six decades. He'll be revealing more about his lifelong love of drums, prog-rock stardom with Genesis, his solo hits such as *In the Air Tonight*, and his recent health struggles.

NEW

Long Story Short

Sunday, from 9pm, BBC3

Seven short dramas by new writers are being shown back-to-back, beginning with *True Love and Wormholes*, starring Corey Mylchreest (right, with co-star Anjana Vasan) as a man from the future trying to save the planet. Look out for *Game of Thrones*' Iwan Rheon, who stars in *Beyond*, about a shy teenager and a town's paranormal festival.

NEW

Trying

Tuesday, 10.40pm & 11.05pm (times vary), BBC1

The last time we saw wannabe adoptive parents Nikki and Jason (Esther Smith and Rafe Spall, both right), the pair were approved by an adoption panel. As the comedy returns for Series 2, social worker Penny (Imelda Staunton) thinks she has some inside information that could help the couple...

• ***Previously shown on Apple TV***

NEW

Miss Piggy and Kermit, with Lew Zealand in the background

MUPPET magic

Kermit and the gang are back for an anniversary special with **Sabrina Carpenter**

Guest Sabrina Carpenter

Disney+ The Muppet Show

NEW *Available:* ***Wednesday 4 February***
Genre: ***Entertainment***

It's time to play the music, it's time to light the lights! Muppets fans won't want to miss this one-off special featuring the return of all our favourite Muppet characters, released to celebrate the 50th anniversary of the much-loved original Jim Henson series.

Revived by comedian Seth Rogen, the show reunites Kermit, Miss Piggy, Fozzie Bear, Gonzo and the rest of the beloved gang as they return to the stage of the original Muppet Theatre to produce a special show, featuring *Espresso* singer Sabrina Carpenter as their musical guest.

There's also a *Bridgerton*-style *Pigs in Wigs* sketch featuring Miss Piggy, while Gonzo attempts a deadly obstacle course on roller skates and Carpenter and Kermit team up to perform a hilarious old-school duet. Plus, Statler and Waldorf heckle from their box and there's all the usual backstage Muppet chaos as Kermit tries to cut Miss Piggy's solo from the show.

'I've been working the better part of the last decade to try to bring my favourite show back,' says *The Studio* star and Muppets fan Rogen, 43, who makes a cameo in the special, alongside fellow US comedian Maya Rudolph. 'It's always been a dream of mine.'

The original *The Muppet Show* ran for five seasons between 1976 and 1981 and featured legendary guest stars like Sir Elton John, Liza Minnelli, Dame Julie Andrews, John Cleese, Diana Ross and Dame Shirley Bassey. It became so popular that it spawned movies including *The Muppet Christmas Carol*, *Muppets from Space* and *Muppets Most Wanted*.

Kermit the Frog

HIDDEN TALENTS

Also returning, but out of sight, is Dave Goelz, who has served as the puppeteer and voice of Gonzo for 50 years.

'I remember Jim Henson asked me to do Gonzo and chose that particular puppet from the stockpile,' recalls Goelz about the beak-nosed Muppet. 'He's still my favourite among *The Muppet Show* characters.

'I'll never forget the rehearsal with Elton John. We gathered in the rehearsal room around this old grey piano, and he came in on a Sunday morning, sat down

and played *Bennie and the Jets*, *Goodbye Yellow Brick Road* and *Crocodile Rock*. I was two feet from him, just leaning on the piano, enjoying a private concert from Elton John!'

Superfan and cameo star Seth Rogen

'My goal ultimately is to entertain, and make these characters as recognisable as possible to audiences who grew up with them,' adds Eric Jacobson, AKA Miss Piggy and Fozzie Bear.

'It's also important to really have a sense of what their lives are like even when they're not on camera. A lot of the time they're still on our hands even when we're not shooting. We continue to play as performers, and fool around with the characters. Some of the funniest stuff happens between takes.'

What we're watching...

The shows being enjoyed by the *TVSW* team

Tehran

Genre: Drama Season: 3 Episodes: 8 (released weekly)

After a gap of more than three years, the Israeli espionage thriller is back and picks up where it left off with undercover Mossad agent Tamar Rabinyan (Niv Sultan, pictured with co-star Hugh Laurie) alone in Tehran following the killing of her boyfriend Milad in a car bomb. The Iranian Revolutionary Guards are hunting her, as are Mossad for disobeying orders. When Tamar discovers evidence that Iran is planning to assemble a nuclear weapon, she hopes it will put her back in Mossad's good graces.

Abbott Elementary

Genre: Comedy Season: 5 (Part 1) Episodes: 8

As the Philadelphia teachers return for a new school year, the district mandates them to take part in a team-building day, while later in the season they have to participate in a 'no-phones day'.

Jailbreak Affair: The Vicky White Story

Genre: Drama Episodes: One-off

St Denis Medical's Wendi McLendon-Covey stars in the true story of an Alabama corrections officer who falls for a violent inmate (Rossif Sutherland) and then engineers his escape.

Now in production...

Three upcoming shows to look out for soon

Andre Agassi

Apple TV's documentary series will focus on the highs and lows experienced by the American tennis champion (above) during his life and career, which saw him win eight Grand Slams, including Wimbledon in 1992, before he retired from the sport in 2006.

Fear Not

Anne Hathaway (above) will star in Paramount+'s six-part thriller, based on the true story of Margy Palm, who forged a connection with serial killer Stephen Morin when she became the final person he kidnapped. They remained in touch until his execution in 1985.

Dakota Fanning

In Apple TV's as-yet-untitled drama, the actor (above) will play a US Treasury agent who infiltrates a conglomerate with links to both politics and crime. But she becomes torn about her next move after she bonds with the man set to inherit the company.

WORDS: CAREN CLARK, HANNAH DAVIES, JUDY EWENS. PHOTOS: APPLE TV, ©2026 DISNEY & ITS RELATED ENTITIES, GETTY, PARAMOUNT+

Words of LOVE

Clifford Smith and Kelly Rowland have a by-the-book romance

prime Relationship Goals

NEW *Available: Wednesday 4 February*
Genre: Romcom

Kelly Rowland sang the song *Independent Women* as one-third of chart-topping US girl group Destiny's Child – and now, the singer and actor is playing a formidable TV producer putting her career before love in romcom movie *Relationship Goals*.

The film sees Rowland star as fiercely ambitious Leah Caldwell, who's poised to make TV history as the first woman to run New York's flagship morning show.

Leah's plan gets derailed, however, when she discovers that her ex, Jarrett Roy (played by rapper Clifford 'Method Man' Smith), is competing for the same job.

REFORMED CHARACTER

Handsome, stylish and charismatic, Jarrett claims that he's a changed man since their break-up, and reveals he has been using a book called *Relationship Goals* to help him become a better version of himself.

'In the movie, Jarrett uses the book to show him where he's going, but also where he could be,' says Smith, who previously starred as a lawyer in *Power Book II: Ghost*.

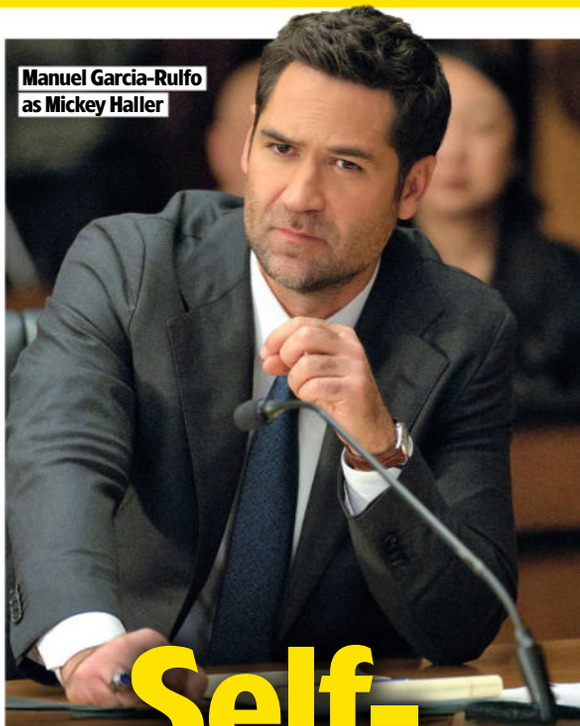
Relationship Goals, a faith-based film produced by DeVon Franklin, is named after the bestselling religious self-help book of the same name, written by Pastor Michael Todd.

Meanwhile, as Leah's tight-knit circle of friends take their own love lessons from the book, the flame is reignited between Leah and Jarrett – but will Leah be forced to choose between professional ambitions and personal desires?

'I got drenched in Leah's world. She is such an interesting character and I wanted to do a deeper dive with her,' says Rowland, who admits she enjoyed the sizzling on-screen chemistry with her co-star

'Clifford nailed Jarrett to a T in the audition. As soon as I finished reading with him, I was like, "That's Jarrett!" He's so much fun to work with, came to set prepared and was kind, charming and funny.'

Jarrett (Clifford Smith) and Leah (Kelly Rowland)



Manuel Garcia-Rulfo as Mickey Haller

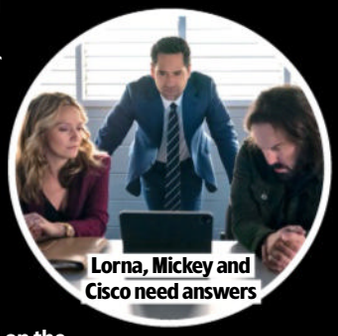
Self-defence

Lawyer Mickey Haller becomes a **prime suspect**...

NETFLIX The Lincoln Lawyer

NEW *Available: Thursday 5 February Genre: Drama*
Season: 4 Episodes: 10

The cliffhanger ending of Season 3 of US legal drama *The Lincoln Lawyer* saw defence attorney Mickey Haller (Manuel Garcia-Rulfo) and his team celebrating their success in a hard-fought trial – only for their joy to be dramatically cut short when the body of former client Sam Scales was found in the trunk of Mickey's beloved Lincoln car.



Lorna, Mickey and Cisco need answers

As the series, based on the books by Michael Connelly returns, Mickey faces his toughest case – with himself as the accused.

'It's the most emotional season because of how we find Mickey, and a lot of things happen that are very emotional for me,' says Garcia-Rulfo. 'This is the season I've enjoyed the most because it has the most heaviness.'

With their boss now their client, Mickey's friends and colleagues Izzy (Jazz Raycole), Lorna (Becki Newton) and Cisco (Angus Sampson) need to up their game, while his first wife Maggie (*Scream* star Neve Campbell) will also return to the fray.

'There's no worse client than an innocent man,' says co-showrunner Ted Humphrey. 'And how do you deal with the fact that, traditionally, a lawyer who represents himself is a fool for a client?'

WORDS: VICTORIA WILSON, IAN MACEWAN, CAREN CLARK, REBECCA FLETCHER. PHOTOS: BBC, C4, GETTY, ITV, NETFLIX, PRIME VIDEO, SKY, MILLIE PILKINGTON/BUCKINGHAM PALACE, HBO

Monarch on a mission

How **King Charles** is trying to save the natural world...

prime Finding Harmony: A King's Vision

NEW *Available:* ***Friday 6 February***
Genre: ***Documentary***

Prime Video's landmark new documentary *Finding Harmony: A King's Vision* lifts the lid on His Majesty King Charles III's tireless work to help heal the planet.

Packed with archive clips, globe-trotting stories and revealing moments with the royal himself, the one-off special paints a picture of a monarch whose green mission began long before climate change and biodiversity loss hit the headlines.

Central to the King's philosophy is the idea of 'harmony' – the concept that people are part of nature, not apart from it.

The 90-minute documentary, narrated by Oscar-winner Kate Winslet, shows a young Prince Charles warning about polluted rivers, poisoned soil and urging the need for sustainable farming. By the 1980s, he was putting those ideas into practice at his Highgrove estate by creating organic gardens and with farmland approaches now widely adopted.

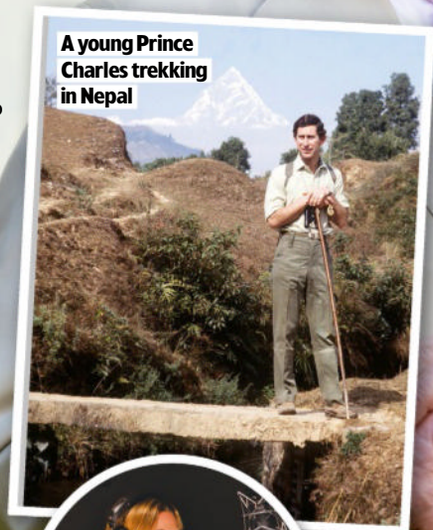
Determined to take the idea of harmony further, he founded the Institute of Architecture (now called The King's Foundation) in 1990, a charity focused on building sustainable communities, and the film shows his bold regeneration of Dumfries House in Scotland, where training and traditional craft academies have brought jobs to local people.

The film also features Professor Baroness Kathy Willis, a University of Oxford scientist who believes nature can make us healthier.

'There's strong evidence that spending time in green spaces can be as effective as antidepressants for some people,' says Nicolas Brown, the film's director. 'There are fascinating studies from Finland showing that children who play in soil from natural environments develop stronger immune systems.'

Filmed across four continents, the documentary also travels to Guyana, where rainforest conservation projects supported by The King's Foundation have safeguarded millions of trees, while in India, water-restoration projects are turning desert back into farmland.

'It is my fondest hope that this film may encourage a new audience to learn about the philosophy of harmony,' says King Charles, 'and perhaps inspire the same sense of determination it has given me to help build a more sustainable future.'


A young Prince Charles trekking in Nepal

Kate Winslet narrates

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

ITVX After the Flood

In the second run of ITV1's crime drama, dogged cop Jo Marshall (Sophie Rundle) investigates when a man is found apparently shot dead on the moors. But a surprise awaits and a scary wildfire leads her to attempt a daring rescue.

4 Arctic Adventure: Ultimate Survival

Cameras follow ex-Royal Marines Aldo Kane and Jason Fox and Army veterans Brian Wood and Karl Hinett on a 500km ultramarathon across Lapland on C4. They also open up about their mental health.

BBC iPLAYER Michael McIntyre's Big Show

The return of the comedian's BBC1 show sees Romesh Ranganathan encounter someone he once kissed at school in the *Remember Me?* segment, while McIntyre wakes Joe Marler for the *Midnight Gameshow*.

sky box sets NOW A Knight of the Seven Kingdoms

Sky Atlantic's *Game of Thrones* spin-off finds Ser Duncan (Peter Claffey) trying to fulfil his dream of competing in a tournament. Along the way, he meets Egg (Dexter Sol Ansell), who becomes his squire.

Like going out-out

Britain's Got Talent

The Jonathan Ross Show

Celebrity Sabotage

but staying in-in

There's No Place Like itv

Pick of the new releases

The best new shows to enjoy this week on streaming services...

WWE Royal Rumble

Saturday 31 January

For the first time in its nearly 40-year history, the WWE's Royal Rumble takes place outside of North America and is being held in Riyadh, Saudi Arabia. The live event includes both a men's and a women's 30-person battle royal. Streaming from 7pm.

Glitter & Gold: Ice Dancing

Sunday 1 February

Docuseries about the competitive world of ice dancing as the sport's top couples skate for gold at the Milano Cortina 2026 Winter Olympics in Italy. It features American favourites Madison Chock and Evan Bates, Canadians Piper Gilles and Paul Poirier, and the wild cards – Guillaume Cizeron and Laurence Fournier Beaudry from Team France.

Salvador

Tiny Farmers

Monday 2 February

Factual entertainment special. Comedian Jessica Knappett and *Clarkson's Farm* star Harriet Cowan help four children become egg farmers of the future. But before then, they'll have to learn everything there is to know about eggs.

Mo Gilligan: In the Moment

Tuesday 3 February

Stand-up special, filmed at London's O2, in which the comedian riffs on fame, family and being British in America.

The Muppet Show

Wednesday 4 February

Kermit, Miss Piggy and the rest of the gang are back in a brand-new special. Music, comedy and a whole lot of chaos are set to ensue when the Muppets once again take to the stage of the original Muppet Theatre with their special guest, singer Sabrina Carpenter. See feature, page 12.

Relationship Goals

Wednesday 4 February

Romantic comedy. TV producer Leah Caldwell (Kelly Rowland) is about to become the first woman to run New York's top morning show when her ex Jarrett Roy (Clifford 'Method Man' Smith) swoops in to compete for the position. He claims he's a changed man, transformed by reading the bestselling book *Relationship Goals*. See feature, page 14.

Is It Cake? Valentines

Wednesday 4 February

In a special Valentine's Day edition, three baking couples – all master cake artists – compete to fool the judges with their ultra-realistic cakes. The judges – including celebrity married couples Ashlee Simpson and Evan Ross, and Casey Wilson and David Caspe – must try to distinguish between the bakes and the objects they are imitating. *Saturday Night Live* star Mikey Day hosts.

The Investigation of Lucy Letby

Wednesday 4 February

One-off documentary about the case of Lucy Letby, the British neonatal nurse convicted of murdering seven babies and attempting to kill seven more. It features police testimony, unseen arrest footage and contributions from one victim's family, plus experts.

Vinnie Jones in the Country

Monday 2 February

The third season of the reality series following the former footballer and actor as he tackles ambitious farm projects on his West Sussex estate. Construction begins on the long-awaited lake-house renovation, while Jones surprises everyone with a brand-new build – a grand 'manor house' he's determined to complete by the end of summer.

The Lincoln Lawyer

Thursday 5 February

In the fourth season of the legal drama based on the bestselling novels by Michael Connelly, Los Angeles lawyer Mickey Haller (Manuel Garcia-Rulfo) and his team must prove he's innocent of the murder of his ex-client, con man Sam Scales. Becki Newton, Jazz Raycole, Neve Campbell and Angus Sampson all return. See feature, page 14.

Seasons

Thursday 5 February

Polish comedy drama. The marriage of two actors is falling apart while they star opposite each other in a play. As they perform night after night, the pair's personal turmoil spills over into their work.

Is It Cake? Valentines

Finding Harmony: A King's Vision

Friday 6 February

Documentary, narrated by Kate Winslet, on King Charles' lifelong commitment to nature and a sustainable world. It highlights the work of his charity, The King's Foundation. See feature, p15.

Queen of Chess

Friday 6 February

Documentary about Hungarian chess prodigy Judit Polgár, who battled scepticism and sexism on her way to becoming one of the game's all-time greats. Made by Emmy-winning US director Rory Kennedy.

Salvador

Friday 6 February

Spanish action drama. During a violent prearranged clash between radical fans of two football clubs, ambulance driver Salvador Aguirre (Luis Tosar) must try to rescue his daughter, who, to his horror, is a member of a neo-Nazi group.

Yoh! Bestie

Friday 6 February

South African romcom and follow-up to *Yoh! Christmas*. Thando and her BFF deal with their unresolved romantic tension in the lead-up to his destination wedding in the Western Cape.

Cash Queens

Thursday 5 February

French heist drama. Five female friends decide the only way out of their desperate situations is to hold up banks. It's not long before the police, gangsters and politicians are on their tails, scarcely imagining that a group of ordinary women disguised as men are behind the robberies.

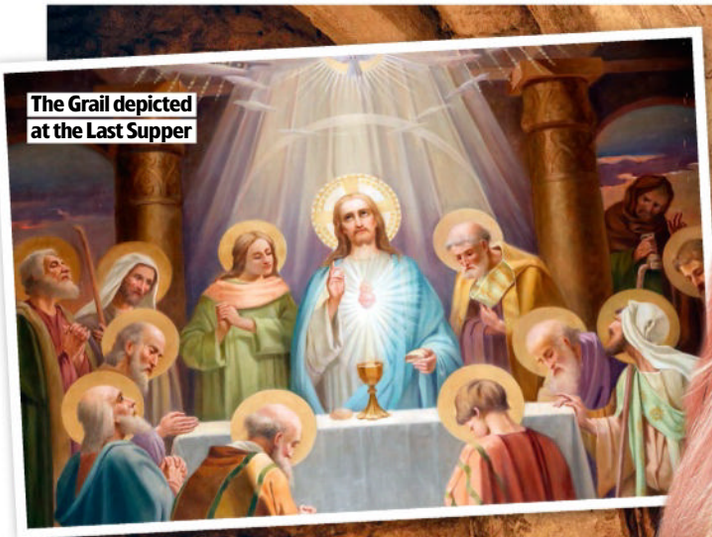
Arctic Circle

Friday 6 February

The fourth season of the Finnish crime drama from Walter Presents. When the Eiscat comet blazes across the night sky for the first time in 2,000 years, it draws scientists from around the world. After the FBI warns of a potential threat, police chief Nina Kautsalo (Iina Kuustonen) and her former boss, Jaakko Stenius (Kari Ketonen), discover links between the comet and a fanatical sect.

WORDS: JUDY EWENS. PHOTOS: NETFLIX, DISCOVERY+

Documentaries


The Grail depicted at the Last Supper

NEW FACTUAL

Lost Grail with Alice Roberts

Tuesday, 9pm, Sky History (box set, Sky Box Sets/NOW)

The legend of the Holy Grail is one of the world's greatest mysteries. The sacred cup from the Last Supper, which was also supposedly used to collect Jesus' blood at his Crucifixion, has been venerated as an object of power that people have searched for for centuries.

Now, in three-part Sky History series *Lost Grail*, the academic and presenter embarks on her own quest to discover if there's any historical truth behind ancient tales

Up for the Cup

Professor Alice Roberts goes in search of the Holy Grail...

Kissinger

Mon, 8.50pm, & Tue, 8.55pm, PBS America

A two-part profile of controversial US diplomat Henry Kissinger (above), who died in 2023, aged 100. It follows his childhood in Adolf Hitler's Germany and years as a Nazi hunter in the US Army, plus his stint as Secretary of State for President Richard Nixon – a role that saw him vilified for carpet bombing civilians during the Vietnam War.

Guy Martin: Proper Jobs

Sunday, 8pm, U&Dave

This week, the presenter (above) spends time in the UK's deepest mine when he visits Boulby Mine, 1,400m below the North Sea, to help extract the naturally occurring fertiliser polyhalite. In 40-degree heat, he mans a shuttle car, helps fix a broken-down dumper truck and takes control of a £8 million, 140-tonne mining machine.

The Beckham Feud

Sunday, 9pm, 5

Brooklyn Peltz Beckham hit the headlines for a series of Instagram posts criticising the behaviour of his high-profile parents, Victoria and Sir David Beckham, who have so far declined to comment. This one-off looks at the rift in the family and the grievances that lie behind the very public falling out on social media.

WORDS: HANNAH DAVIES. PHOTOS: 5, GETTY, SKY, U&DAVE, BBC

Roberts searches for evidence

that the Grail somehow ended up in Britain.

'From Jerusalem to the Vatican, there are a number of places that claim to have the Holy Grail, but in Britain there's a long tradition that says it was brought here,' says Roberts, 52. 'What's the truth behind that legend?'

UNEARTHING LEGENDS

In this week's opening episode, Roberts starts by investigating stories of Joseph of Arimathea, a follower of Jesus who appears in the Gospel and was supposedly present at the Crucifixion.

Legend has it that Joseph took the Holy Grail after the Last Supper and brought it to Britain, where it was buried in a well near Glastonbury, Somerset.

'One of the challenges is that these stories about Joseph and the Grail were written down very late,' says Roberts. 'There's nothing at all from any of the written records that date back to the first millennium. So while these stories are fascinating, we can't treat them as history.'

Later in the series, Roberts also delves into Arthurian legend, while her quest culminates at Rosslyn Chapel in Scotland. According to legend, the Holy Grail was brought there by the Knights Templar, a story made popular by Dan Brown's bestselling book and subsequent film *The Da Vinci Code*.

So could a mysterious wooden cup discovered during an archaeological dig of the chapel in 1993 somehow be linked to the Holy Grail legend?

'It's a curious object, but it's still holding on to its secrets,' says Roberts. 'And the myths and legends are showing no sign of fading.'

Visiting Glastonbury Tor

Inside the Factory

Tuesday, 8pm, BBC1

In the last episode of the series, Paddy McGuinness heads to the Hayter factory in Hertfordshire, where 15,000 lawnmowers are built each year. He follows the production of the firm's flagship machine, the Harrier 56. Meanwhile, Cherry Healey (above) heads to Wembley Stadium to see how the pitch is prepared for the FA Cup final.

Platoon 24/7

Monday, 9pm, 5

Can an inexperienced British Army platoon get ready for possible front-line deployment in just six months? This three-part series follows the soldiers of newly formed 13 Platoon, D Company, 5th Battalion The Rifles as they go from having very little experience beyond basic training to becoming a top fighting unit.

Michael Jackson outside court

Trial of the century

Michael Jackson's 2005 criminal trial comes under the spotlight...

NEW FACTUAL

Michael Jackson: The Trial

Wed & Thu, 9pm, C4 (box set, Channel 4 Streaming)

In 2005, the world's media was gripped as pop icon Michael Jackson stood trial after being accused of molesting 13-year-old Gavin Arvizo in what was dubbed 'the trial of the century.'

Now, a new four-part C4 documentary, *Michael Jackson: The Trial*, looks back at the case, featuring audio interviews with Jackson recorded between 2000 and 2001, many of which have never been broadcast before.

The series begins with the moment Jackson first met Arvizo in 2000 when the youngster was undergoing chemotherapy for cancer. Hearing Arvizo was a fan, he invited him and his family to stay at his Neverland Ranch in California, and even paid for treatment.

'I remember having to edit a short film of Michael and Gavin at Neverland,' recalls Jackson's videographer Christian Robinson.

'The video was made for Gavin's family and for Michael, and I don't think it was meant for the public to see. It felt really uncomfortable because it's an adult man seeming to have a picnic with a kid. It shows Michael and Gavin holding hands.'

Arvizo recovered from cancer, but everything changed in 2003 when ITV documentary *Living With Michael Jackson* was broadcast. It featured Arvizo resting his head on his idol's shoulder, as Jackson admitted that he allowed children to sleep in his bed.

Jackson stressed nothing sexual took place, but it raised concerns, not least because of an allegation 10 years earlier, which resulted in him paying around $20 million in an out-of-court settlement.

Detectives interviewed Arvizo, who testified to abuse by Jackson, leading to the music star being charged with several counts of child molestation.

Yet at his trial, Jackson's defence team attempted to discredit Arvizo's testimony, painting a picture of his family as gold diggers who'd say anything to extort money. Jackson was acquitted and he died four years later in 2009, but many still have questions.

'I had complete faith in everything Gavin was saying,' says prosecutor Ron Zonen. 'There was never a question in my mind as to the honesty or accuracy of his statements. But I knew we were going after a superstar and that changes the equation.'

Films Our pick of

ANIMATION

Available now, buy or rent from digital stores including Prime Video and Sky Store ★★★★

Disney delivers more animal magic with this dazzling sequel to its wildly successful 2016 animated movie set in a bustling metropolis that teems with talking animals of every stripe and kind.

The first film's mismatched pair of buddy cops – idealistic rabbit Judy Hopps (voiced by a chipper Ginnifer Goodwin) and cynical fox Nick Wilde (an amusingly sly Jason Bateman) – have another case to solve here, one which this time hinges on an elusive blue pit viper called Gary De'Snake (Ke Huy Quan), one of the despised and feared reptiles that have long been exiled from Zootropolis.

The duo's crime-busting efforts quickly put them on the wrong side of the authorities, including their gruff Cape buffalo chief (Idris Elba). The ensuing caper is filled with fast-moving action, stunning animation and a blizzard of sight gags, so many in fact that it will require multiple viewings to spot them all.

As in the previous movie, there are also nods to classic crime movies and animal puns galore (look out for catering company Amoose Bouche and luxury luggage purveyors Gnucci), as well as uplifting moral messages about diversity and difference, all held together by Judy and Nick's unlikely but touching rapport.
2025, PG, 108MIN

MOVIE OF THE WEEK

The rabbit and fox crime-busting duo return in sensational fashion

Zootropolis 2

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

More premieres and Day by Day planner >>>

this week's Best Movies

SCI-FI ACTION

M3GAN 2.0

Friday, 12.30pm & 8pm, Sky Premiere ★★★

This sequel to 2022's surprise horror hit revives the murderous robot doll but replaces the original film's creepy chills with sci-fi action thrills. Fans will be relieved, however, that the first movie's goofy comedy – and the doll's fondness for killer dance moves – remains intact. This time out, M3GAN (performed by Amie Donald, voiced by Jenna Davis) isn't the plot's biggest menace. That's a military-grade AI robot called Amelia (Ivanna Sakhno) who has gone rogue with catastrophic consequences, forcing M3GAN's designer, roboticist Gemma (Allison Williams), to resurrect her creation to combat this new menace. Although overlong and messy, the film provides plenty of sassy humour and brisk action to keep the franchise alive. 2025, 15, 120MIN

DRAMA

The Cut

Sunday, 11.40am & 9.40pm, Sky Premiere ★★★

Having retired from boxing for 10 years, Orlando Bloom's unnamed Irish fighter is given one last shot in Las Vegas – but has to lose almost 30lbs in six days to make weight. His wife, Caitlin (Caitríona Balfe), who's also his coach, tries to do it the legitimate way, but is pushed aside by Boz (John Turturro), a man who will use any means necessary to take the pounds off the pugilist, regardless of the toll it will take. Bloom delivers a career best performance here, while Balfe and Turturro are also superb, but be warned: this is a tough, bruising watch. It's not a boxing movie – the first couple of minutes is all you'll see of the sport – but a film about the insane lengths some will go to to achieve their goals, however trivial that goal may ultimately be. 2024, 15, 99MIN

Fighter's chance: Orlando

WORDS: JASON BEST; NIGEL PIZEY. PICTURES: ALAMY

Face off: Scott and Peter

WAR ACTION

Prisoner of War

Saturday, 10.20am & 9.35pm, Sky Premiere ★★★

Mixed martial artist and all-round action man Scott Adkins is a force to be reckoned with in this enjoyable actioner. He's a PoW at a Japanese camp in the Philippines during World War Two, whose deadly fighting ability fascinates the camp's head (Peter Shinkoda), who is determined to break Adkins' will. The plot's routine and the acting of variable quality, but the fight and action scenes involving Adkins are excellently staged, with long takes showing off the British actor's seriously impressive abilities. Could this be the best Adkins movie yet? Probably... 2025, 15, 112MIN

ANIMATION

Kung Fu Panda 4

From Sunday, Netflix ★★★

Adorable roly-poly panda Po (again voiced by Jack Black) is back after an eight-year break. At the peak of his spiritual mastery, Po is on the lookout for a successor. Teaming up with fox thief Zhen (Awkwafina), he has a new baddie to battle, The Chameleon (an enjoyably menacing Viola Davis), who is able to absorb others' powers and transform into previously vanquished foes. Black and Awkwafina are effortlessly funny and, while this is more amiable retread than reinvention, it's never too far away from another zippily choreographed fight scene. 2023, PG, 94MIN

Films

FANTASY THRILLER

Dust Bunny

Available now, buy or rent from digital stores ★★★★

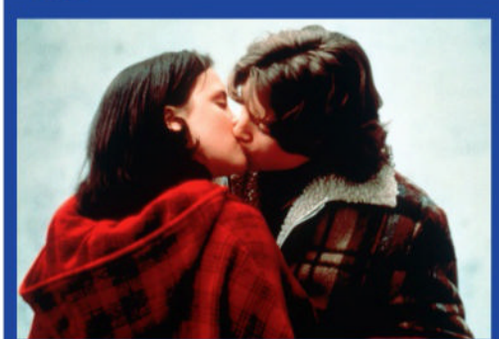
Imagine Luc Besson's *Léon* remade by Terry Gilliam with a nod to *John Wick* and you will get something of a grasp of this winningly offbeat, vividly entertaining blend of children's horror fantasy and hit-man action thriller. Ten-year-old Aurora (Sophie Sloan) believes there's a monster lurking under her bed. Scarier still, she reckons it's just eaten her parents.

She wants to procure the services of her mysterious neighbour (Mads Mikkelsen), unaware that he just happens to be a professional assassin for hire. He reckons real-life monsters are actually gunning for him. Monsters under the bed don't exist. Which of them is right? Could it be both?

The feature film debut of writer-director Bryan Fuller, *Dust Bunny* unfolds in a suitably fantastical setting (largely the girl's highly stylised Art Nouveau-esque apartment) and boasts striking supporting turns from Sigourney Weaver and Sheila Atim, but what makes it such a delight is the slow-burning rapport between Sloan's wide-eyed youngster and Mikkelsen's stoic enigma, which supplies the film's heart and sustains the story's balance of fantasy and reality. 2025, 12, 106MIN

Baroque: Sophie and co

Hidden gems Great movies you might have missed...



DRAMA

The Ice Storm

BFI Player ★★★★

It's 1973 and as a cold spell descends on the US East Coast, the lives of two families run into some stormy weather, too. A bleakly brilliant look at a set of people whose lives are going nowhere, this drama is high on both insight and imagination. Adulterous husband Kevin Kline, his wife Joan Allen and deep-thinking teens Tobey Maguire and Christina Ricci are the pivotal points of the plot, with Jamey Sheridan and Sigourney Weaver as the other married couple. 1997, 15, 108MIN

COMEDY

Julie & Julia

Netflix ★★★★

Meryl Streep stars as 1950s American cook Julia Child and, coming more up to date in 2002, Amy Adams is internet blogger Julie Powell, who takes on a year-long challenge to cook all the recipes in Child's first book. Writer-director Nora Ephron makes a valiant job of adapting two best-selling memoirs: Powell's *Julie & Julia* and Child's co-written *My Life in France*. The film has some lovely emotional moments as well as a few big laughs. 2009, 12, 123MIN

ANIMATION

Turning Red

Disney+ ★★★★★

Pixar scores another hit with this glorious confection that tells its coming-of-age tale with insight and humour. Chinese-Canadian Meilin (voiced by Rosalie Chiang) is a dutiful daughter, but when womanhood calls, she's shocked by the changes – when she gets excitable, which, being 13, is a lot, she turns into a giant red panda. As well as being funny and gorgeously animated, the film also has a poignant message about accepting others and, crucially, yourself. 2022, PG, 99MIN

Saturday 31 January

COMEDY FANTASY

A Minecraft Movie

4.10pm, Sky Family ★★★

Sex ●●● Violence ●●● Language ●●●

This goofy yarn, based on the videogame, is entertaining once it gets past a clunky set up explaining how Jack Black's ended up in the Overworld universe where everything – sheep, pigs, pandas, etc – is made up of blocks. Then Jason Momoa's washed-up videogame champ, orphaned siblings Sebastian Hansen and Emma Myers and multi-tasking Danielle Brooks are sucked through a portal into the Overworld, too, and join Black to get home. In a quest involving zombies, skeletons and piggy hordes headed by an evil witch, Black and Momoa go full bore at the silliness, while director Jared Hess sprinkles the action with fan-pleasing references. 2025, PG, 101MIN

Block party: Jack and co

CLASSIC FANTASY

A Matter of Life and Death

12.40pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Giving one of his warmest performances, David Niven plays an RAF pilot who is supposed to die when he jumps out of his burning Lancaster bomber without a parachute. But a heavenly mistake means he comes down alive and a special celestial trial is arranged to decide his fate, with Raymond Massey as the anti-British prosecutor and Roger Livesey speaking for the defence. Full of memorable scenes, this unique supernatural fantasy, directed by Michael Powell and Emeric Pressburger, is among Britain's finest films. 1946, U, 104MIN

CLASSIC ADVENTURE

The Man Who Would Be King

3.20pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

One of the last great films by the veteran director John Huston, with Sean Connery and Michael Caine on top form as the laconic adventurers Daviel Dravot and Peachy Carnehan, who set out from India and over the Khyber Pass with the sole intention of becoming kings of some far-flung kingdom. Based on the novel by Rudyard Kipling (who puts in an appearance in the shape of Christopher Plummer), the film is a winning mixture of comedy and derring-do with a final twist of ironic tragedy. 1975, PG, 129MIN

FAMILY

The Garfield Movie

2.15pm & 9.55pm, Sky Animation ★★★

Sex ●●● Violence ●●● Language ●●●

With peppy vocals by Chris Pratt as the lasagne-loving feline and a hectic caper plot, this animation is a fresh chapter for Jim Davis' comic-strip star. Very much aimed at children, the story involves an errant dad (Samuel L Jackson) who abandoned Garfield as a kitten to be raised by cartoonist Jon (Nicholas Hoult). Then father and son are reluctantly reunited when vengeful cat (Hannah Waddingham) demands they pilfer milk from a farm. Adults will decry Garfield's softening, but kids will enjoy it regardless. 2023, U, 101MIN

LEGAL DRAMA

Just Mercy

11.50pm, BBC1 (not Scot) ★★★★

Sex ●●● Violence ●●● Language ●●●

Fresh out of Harvard, crusading lawyer Bryan Stevenson (Michael B Jordan) moves to Alabama and takes up the cause of Jamie Foxx's 'Johnny D' McMillan, aided by idealistic local Eva Ansley (Brie Larson). Johnny D is clearly innocent, but he's a black man accused of murdering a white teen girl in the racist South and the system is stacked against him. This rousing, powerfully acted drama, based on a true story, is a fierce indictment of the barbarity of the death penalty. 2019, 15, 137MIN

■ Full listings start on p43

Sunday 1 February

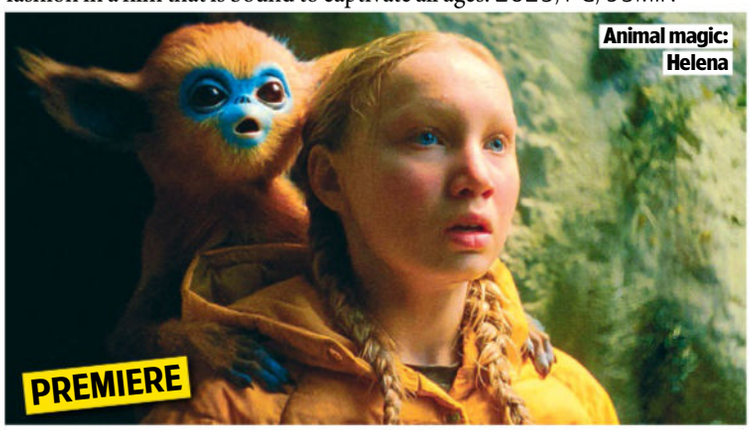
FANTASY

The Legend of Ochi

On now, Prime Video ★★★★

Sex ●●● Violence ●●● Language ●●●

A delightfully strange fantasy that's essentially a modern fairy tale, this tells of a young girl, Yuri (Helena Zengel), who lives on a remote Black Sea island and discovers that the monsters her village have always been afraid of may not be so terrifying after all. Although Willem Dafoe's hunter Maxim is determined to train youngsters to hunt and kill these 'ochi', Yuri rescues a wounded baby creature, and sets out to reunite it with its kind. Using puppetry skills rather than CGI, this visually gorgeous movie, which also stars Finn Wolfhard and Emily Watson, brings the ochi to life in wonderful fashion in a film that is bound to captivate all ages. 2025, PG, 95MIN



Animal magic: Helena

SCI-FI THRILLER

Inception

4.05pm, Sky Thriller ★★★★★

Sex ●●● Violence ●●● Language ●●●

Dazzling and smart, writer-director Christopher Nolan's brain-teasing sci-fi is a magnificent spectacle that stimulates the brain, quickens the pulse and plucks the heartstrings. Keep your wits about you to follow the plot, in which Leonardo DiCaprio plays a corporate spy who specialises in infiltrating people's dreams to steal ideas from their minds. But then he has to riskily reverse the process and implant an idea into Cillian Murphy's brain with help from a crack team including Joseph Gordon-Levitt, Elliot Page and Tom Hardy. 2010, 12, 148MIN

THRILLER

Saltburn

10pm, BBC2 (11.30pm NI) ★★★

Sex ●●● Violence ●●● Language ●●●

Writer-director Emerald Fennell's stylish, darkly comic revenge thriller is a fiercely funny and, at times, shocking watch. Arriving at Oxford university, ignored and impoverished misfit Oliver (Barry Keoghan, playing his hand superbly and having an absolute ball) is befriended by posh life and soul of the party Felix (Jacob Elordi), who whisks him off to stay at his family's vast stately home, Saltburn. Felix's mother (Rosamund Pike) and father (Richard E Grant) treat Oliver as a pitiable charity case – until things start to turn very dark and twisty... 2023, 15, 131MIN

COMEDY BIOPIC

Eddie the Eagle

6.20pm, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

Underdog hero of 1988's Calgary Winter Olympics, British ski jumper Eddie 'The Eagle' Edwards remains an endearing figure. Giving Eddie's story a perky fictional gloss, director Dexter Fletcher charts the plucky Cheltenham plasterer's unlikely journey. Taron Egerton is delightful as Eddie, while Hugh Jackman is also ideal as his gruff coach. While his exploits are mainly played for laughs, when he barrels down the ramp it is heart-grabbing, reminding us of the very real grit and guts it took for Eddie to make his mark as a hapless loser. 2016, PG, 106MIN

MUSICAL ROMANCE

Cyrano

12m't, BBC2 (not NI) ★★★

Sex ●●● Violence ●●● Language ●●●

There is no *de Bergerac* appended to director Joe Wright's adaptation of Edmond Rostand's 19th-century play. Nor does its hero brandish a giant hooter. Instead, it's Peter Dinklage's dwarfism that stops him professing his love for cousin Roxanne (Haley Bennett), choosing instead to put his words in the mouth of a dashing dullard (Kelvin Harrison Jr). Though the musical side is dreary, the romance works well and it's a good-looking, well-acted frolic. 2021, 12, 124MIN

■ Full listings start on p53

Weekday movies over page

Monday 2 February

BIOPIC

Chevalier

10.55pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Even if much of this biopic is inaccurate, the story of how the biracial son of an enslaved woman and a plantation owner came to prominence in 18th-century France is well worth telling. Joseph Bologne (Kelvin Harrison Jr) is sent to France for his education, becoming a legendary swordsman and virtuoso violinist. He's friends with Marie Antoinette (Lucy Boynton), but fights racism at every step, just as the Revolution is about to engulf France. A handsome, engaging and superbly acted drama. 2022, 12, 104MIN

Holding court: Kelvin

THRILLER

Vanilla Sky

1.55pm, Sky Thriller ★★★

Sex ●●● Violence ●●● Language ●●●

This teasing, mind-bending thriller was an interesting choice for Tom Cruise, who spends much of it hidden behind heavy make-up and a plastic mask as a tycoon disfigured in a car smash. The tangled tale he relates to shrink Kurt Russell involves contrasting women Cameron Diaz and Penélope Cruz. The scene in which Cruise runs through a deserted New York plus the bizarre twist ending are highlights. 2001, 15, 136MIN

THRILLER

Retreat

11.55pm, BBC2 (not NI) ★★★

Sex ●●● Violence ●●● Language ●●●

Cillian Murphy and Thandiwe Newton travel to an uninhabited island somewhere off the coast of Britain in order to heal their fractured relationship. But they are interrupted by the arrival of a bloodied, wounded soldier (Jamie Bell), who says a deadly pandemic has swept across the mainland. But is he telling the truth..? This claustrophobic three-hander sags a bit in its central section, but the fine actors keep us engrossed to the bitter finale. 2011, 15, 86MIN

ANIMATION

Shaun the Sheep Movie

7.30pm, BBC3 ★★★★

Sex ●●● Violence ●●● Language ●●●

TV's Shaun the Sheep gets his first feature-film outing with Aardman's wonderful, barnstorming comedy. It's a riot of slapstick silent-movie-style gags as Shaun's antics at Soggy Bottom Farm trigger a chain of hilariously farcical events that find the sheep venturing into the big city to rescue their amnesiac farmer, who's used his shearing skills to become a trendy barber. Also on BBC1 on Sat. 2015, U, 85MIN

CLASSIC

Rashomon

4.45am, Sky Thriller ★★★★★

Sex ●●● Violence ●●● Language ●●●

Four witnesses give widely differing accounts of a serious crime in medieval Japan. One of the all-time-great Japanese films, this innovative drama turned the multiple flashback into an art form. The film won an Oscar as Best Foreign Film and established the reputations of director Akira Kurosawa and its star Toshiro Mifune. Subtitled. 1950, 12, 88MIN

■ Full listings start on p63

Tuesday 3 February

ACTION

Mission: Impossible – The Final Reckoning

Starts Sunday, Paramount+ ★★★

Sex ●●● Violence ●●● Language ●●●

Tom Cruise's final *Mission* is an overblown race to stop AI, The Entity, triggering nuclear annihilation. Full of callbacks to previous films, this is convoluted, and a little dour, but it is still thoroughly entertaining. Simon Pegg, Ving Rhames, Hayley Atwell and co help out, while a sensational aerial stunt involving Cruise and a biplane is one of the best in the entire eight-film series. Also on Sky. 2024, 12, 169MIN

Farewell: Tom, Hayley and Simon

THRILLER

The Game

9pm, Legend ★★★★

Sex ●●● Violence ●●● Language ●●●

Michael Douglas' hotshot executive is given a bizarre birthday present by his brother (Sean Penn) – entry to an interactive game. But soon it takes a dark turn as Douglas finds himself in a life-or-death battle of wills and on the run from assassins monitoring his every move. The fiendishly clever way Douglas' ego is progressively chewed to pieces makes for an ingenious thriller in which nothing is what it seems. 1997, 15, 128MIN

HORROR

Bones and All

12.45am, BBC3 ★★★★

Sex ●●● Violence ●●● Language ●●●

Taylor Russell's shy Reagan-era teen struggles to make connections at her Virginia school then, when a sleepover goes bloodily south, she ends up on the road with fellow 'eater' Timothée Chalamet in director Luca Guadagnino's achingly cool mix of horror and romance. Russell and Chalamet add grit and delicacy respectively to their performances in this fantastically violent road trip with a twist. 2022, 18, 131MIN

ROMANTIC DRAMA

The Notebook

11.40pm, BBC1 (12.40am Scot, not NI, Wales) ★★★

Sex ●●● Violence ●●● Language ●●●

Nicholas Sparks' best-selling romance gets the glossy film treatment it deserves from director Nick Cassavetes. As James Garner reads from a mysterious notebook to his dementia-sufferer friend (Gena Rowlands), we are whisked back to the tale of two star-crossed lovers (Rachel McAdams and Ryan Gosling) in the 1940s. You'll need a few hankies to make it through to the end. 2004, 12, 124MIN

COMEDY

Tootsie

3.05am, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

A brilliant comedy in which Dustin Hoffman acts his co-stars off the screen as an out-of-work actor who poses as a woman to land a job on a daytime soap. Jessica Lange scooped the Best Supporting Actress Oscar as the girl Hoffman takes a fancy to, causing no end of comic complications. A delight all the way. 1982, 15, 116MIN

■ Full listings start on p73

Wednesday

BLACK COMEDY

Beau Is Afraid

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Joaquin Phoenix stars as a troubled man about to visit his successful, domineering mother (Patti LuPone). Residing in a dilapidated apartment on the most dangerous street corner in America, Beau lives in a hell of his own delusion. Bodies

Funny turn: Joaquin

THRILLER

Breakdown

11.40am & 5.55am, Sky Greats ★★★★

Sex ●●● Violence ●●● Language ●●●

When his car breaks down in the middle of nowhere, Kurt Russell is grateful when a helpful passing trucker (JT Walsh) stops and offers to give his wife (Kathleen Quinlan) a lift to call for help from a diner up the road. The problem is, when Russell gets there, no one has seen her... The increasingly panicky Russell is terrific in this brilliant thriller that cranks up the suspense to breaking point. 1997, 15, 94MIN

ACTION THRILLER

Metro

9pm, Legend ★★★

Sex ●●● Violence ●●● Language ●●●

San Francisco cop Eddie Murphy divides his time between gambling at the race track and gambling with his life in hostage negotiations. Murphy does well, though the predictable script depends far too much on villain Michael Wincott causing trouble. A standout car chase sequence involving a trolley car is the action highlight, while Carmen Ejogo, as Murphy's girlfriend, gives as good as she gets in the wisecracks department. 1997, 18, 117MIN

4 February

go ignored in the road, a venomous spider is in his building and a starkers killer roams the streets. Should any of this be taken at face value? It's unlikely. It's a singular film with writer-director Ari Aster operating in the realm of psychosis and metaphor, flipping events from hysterically funny to horrifying in a beat. 2023, 15, 179MIN

DRAMA

Till

11.30pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

In this powerful real-life drama, an electrifying Danielle Deadwyler is Mamie Till-Mobley, the mother of 14-year-old Emmet Till (Jalyn Hall), who was killed in 1955 for allegedly wolf-whistling a white woman. Rather than sensationalise the murder (chillingly, we only hear its threats and screams), the film concentrates on Mamie's heroic struggle for justice as she tries to get the world to see what a Mississippi lynching did to her sweet son. 2022, 12, 130MIN

THRILLER

High-Rise

1am, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

The residents of a modernist London tower block – including Tom Hiddleston, Jeremy Irons and Luke Evans – descend into class-based anarchy in a provocative, darkly comic adaptation of JG Ballard's novel. Director Ben Wheatley's anarchic storytelling often makes his film an awkward watch, though it is certainly timely and possibly scarily prophetic. 2015, 15, 119MIN

■ Full listings start on p83

Thursday 5 February

ROMCOM

The Wedding Singer

2.20pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

It's 1985 and Adam Sandler is stuck in a rut as a jilted wedding singer, while Drew Barrymore is a waitress whose own wedding plans unwind. This rib-tickling star showcase is a real treat, with Sandler doing all his own singing and Barrymore at her most charming. A must-see for anyone with fond (or not-so-fond) memories of the likes of A Flock of Seagulls, Kajagoogoo and Dead or Alive, the film is wonderfully wry and wisecrack-filled, while Billy Idol and Steve Buscemi have hilarious cameos. 1998, 12, 97MIN

Nice day for a romance: Adam

COMEDY

Peggy Sue Got Married

4.25pm & 5.55am, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

After passing out at her high school reunion, Kathleen Turner wakes up 25 years earlier, in 1960, and gets a chance to correct her past mistakes, including her failing marriage to Nicolas Cage. The ending of this may be a cop out, but it's affectionate and nicely nostalgic. Also, have fun spotting future stars Jim Carrey, Helen Hunt and Joan Allen in support. 1986, 15, 104MIN

CLASSIC

Modern Times

9.15pm, Sky Arts ★★★★★

Sex ●●● Violence ●●● Language ●●●

Charlie Chaplin moves through a heartless modern world of factory machinery and deserted department store luxury. Probably because its theme of the individual triumphing over the system outweighs Chaplin's standard insistence on being lovable, this is still genuinely funny. And, much like his character fighting modern times, Chaplin the masterful film-maker proved victorious over sound with this silent classic. 1936, U, 87MIN

SCI-FI ADVENTURE

Waterworld

5.40pm, Sky Sci-Fi/Horror ★★★

Sex ●●● Violence ●●● Language ●●●

It's the future, the polar ice caps have melted and the world is almost completely covered in water. A po-faced Kevin Costner, with little gills behind his ears and a home-made boat, is the hero, while Dennis Hopper's eccentric villain is the main peg for the mayhem. Fresh ideas are in short supply, but the stunts and nautical hardware are eye-poppingly good. 1995, 12, 134MIN

THRILLER

In the Line of Fire

11pm, GREAT! action ★★★★

Sex ●●● Violence ●●● Language ●●●

Still guilt-ridden over his failure to save JFK in 1963, Clint Eastwood's veteran Secret Service agent struggles to prevent history repeating itself in a slick, gripping thriller. John Malkovich is chillingly malevolent as the villain plotting to kill the current US president, while Rene Russo provides some personal and professional frisson as a fellow agent. 1993, 15, 127MIN

■ Full listings start on p93

Friday 6 February

COMEDY DRAMA

Between the Temples

9.50am, Sky Valentines ★★★★

Sex ●●● Violence ●●● Language ●●●

Immersed in misery, widower Jason Schwartzman is struggling with life and his Jewish faith, despite being employed by his synagogue. When his old music teacher (Carol Kane) enters his life, though, he begins to emerge from his cocoon. An homage to 1970s cinema (especially cult classic *Harold and Maude*), this film delivers a fine example of cultivated chaos, exuding humanity in all of its messiness, with Schwartzman and Kane engaging as they negotiate their age-gap relationship. 2024, 15, 107MIN

Closing the gap: Jason and Carol

ACTION

Gunpowder Milkshake

9.15am, Sky Action ★★★★

Sex ●●● Violence ●●● Language ●●●

Karen Gillan's assassin inadvertently sparks off a gang war. It's partly a comedy, partly a tearjerker about a mum and daughter torn apart by decades of bloodshed. But mostly, it's a hugely entertaining, hyper-stylised bullet ballet. Gillan admirably balances vulnerability with sociopathy and the supporting cast – Angela Bassett, Carla Gugino, Michelle Yeoh and Lena Headey – is dynamite. 2021, 15, 104MIN

BIOPIC

Bohemian Rhapsody

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

An Oscar-winning Rami Malek looks and moves the part as Freddie Mercury, the legendary frontman of rock gods Queen, in this rousing biopic chronicling the years leading up to the band's epochal 1985 Live Aid performance at Wembley Stadium. Unashamedly corny in places, and not a little clunky in others, the movie gets things absolutely right where it matters most – capturing the electrifying excitement of the band's music. 2018, 12, 134MIN

DRAMA

Silver Haze

11pm, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

PREMIERE Severely scarred by a fire in a pub 15 years previously, young east London nurse Franky (Vicky Knight, a burns survivor in real life) finds unexpected solace and love when she meets suicidal patient Florence (Esmé Creed-Miles). The acting is superb, but this is a difficult movie about broken people in dire situations. A shining light in all of their lives is Angela Bruce as Alice, Florence's foster mum. 2023, 15, 103MIN

ROMANTIC DRAMA

The Last Letter from Your Lover

12.45am, BBC1 (not NI) ★★★

Sex ●●● Violence ●●● Language ●●●

A modern-day journalist (Felicity Jones) unpicks a torrid 1960s affair between a wife (Shailene Woodley) and a charming hack (Callum Turner). It plays out in predictable fashion, but is undemanding and well acted with an evocative period setting, steamy chemistry and even steamier locations on the French Riviera. 2021, 12, 109MIN

■ Full listings start p103

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Everything you need to know about the **Milano Cortina Winter Olympics**...

LIVE WINTER SPORTS

From Wednesday, BBC2, TNT Sports & Discovery+

The 25th edition of the Winter Olympics begins in spectacular style this week when 3,000 athletes from 90 nations gather in Italy for 19 days of fierce competition on snow and ice.

It's the first time in Olympic history that the Games are split between two host cities, with stylish Milan staging indoor events such as figure skating and ice hockey, and the ritzy resort town Cortina d'Ampezzo – 250 miles away – home to sliding and curling.

After winning just two medals at the 2022 Games in Beijing, Great Britain is sending a strong squad, including several world champions, and there are high hopes that we can better our record haul of five medals – a tally achieved in Sochi 2014 and Pyeongchang 2018.

The live action begins on Wednesday with the opening rounds of the curling mixed doubles, including Team GB against Norway, ahead of the Opening Ceremony on Friday. And with Italy just one hour ahead, UK viewers will be able to watch all 116 medal events without the need to set an alarm clock.

Here at *TV&Satellite Week*, we've produced the ultimate guide to the Winter Olympics 2026, including exclusive interviews with Team GB medal contenders, a profile of the TV teams, fun facts, and puzzles to test your knowledge of previous Games.

So, settle back, order some pizzas and enjoy almost three weeks of sensational sport delivered with true Italian style…

HOW TO WATCH

TNT SPORTS & DISCOVERY+

Coverage of the Games is being led by TNT Sports and Discovery+, which are showing 850 hours of live action. Orla Chennaoui will host *Buongiorno Milano* each morning at 8am, and Reshmin Chowdhury presents an end-of-day wrap-up show at 10pm. Analysis comes from a host of former Olympians including skeleton champion Amy Williams, bobsleigh pilot Lamin Deen, snowboarder Aimee Fuller and skier Ed Drake.

The TNT Sports/ Discovery+ line-up

BBC

The BBC has the rights to show two events live at any one time, with more than 450 hours of live action, plus highlights on BBC1, BBC2, BBC iPlayer and the BBC Sport website. The presenting team features Hazel Irvine, Clare Balding and Jeanette Kwakye, with experts including skeleton gold-medallist Lizzy Yarnold and figure-skating legend Robin Cousins.

Hazel Irvine, Clare Balding and Jeanette Kwakye

WORDS: RICHARD MCCLURE. INSIDE COVER PHOTOS: ADOBE STOCK, GETTY, SHUTTERSTOCK. PHOTOS: ADOBE STOCK, ALAMY, BBC, GETTY, C1 MEDIA

The San Siro and Verona's Roman amphitheatre

THE LOCATIONS

MILAN

Celebrating its 100th anniversary, the iconic San Siro stadium, home to football giants Inter Milan and AC Milan, will host the Opening Ceremony. Organisers have also been racing against the clock to complete a new ice-hockey stadium ahead of the first matches on Thursday.

LIVIGNO & BORMIO

Aside from Milan and Cortina, the Games are spread across several other locations, including these two ski resorts on the Swiss border. Livigno hosts freestyle skiing and snowboard, while Bormio is home to ski mountaineering plus men's alpine skiing on the perilously steep Stelvio downhill course.

CORTINA

Team GB's curlers will go for gold at the town's revamped Ice Stadium, originally built as a rustic open-air venue for the 1956 Games. A new sliding centre, built on Cortina's century-old track, will stage the bobsleigh, skeleton and luge.

VERONA

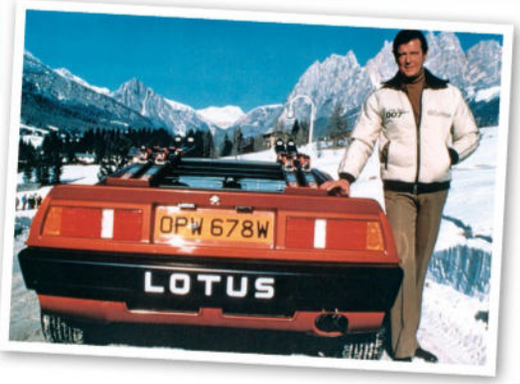
The city's stunning Roman amphitheatre hosts the Closing Ceremony on 22 February.

DID YOU KNOW?

■ Italy has twice hosted the Winter Olympics in the past – Cortina in 1956 and Turin in 2006 – but this is the first Games to be held in Milan.

■ In an Olympic first, two cauldrons will be lit at a joint Opening Ceremony in Milan and Cortina. The flame will arrive following a 7,500-mile relay across Italy – action hero Jackie Chan (right) even carried the torch through the ancient ruins of Pompeii.

■ The Opening Ceremony features performances from pop superstar Mariah Carey (below) and opera tenor Andrea Bocelli. Italy's tennis ace Jannik Sinner and former Inter Milan and AC Milan football hero Zlatan Ibrahimovic are also tipped to take part, along with a tribute to Italian fashion guru Giorgio Armani, who died in September.



■ The Olympic Ice Stadium in Cortina featured in the 1981 James Bond movie *For Your Eyes Only* (above) when Roger Moore's 007 is attacked by three villains in ice-hockey gear, who soon end up in a heap on the ice.

■ The Games mascot is a 'creative, down-to-earth' stoat called Tina (right), who was chosen by a public vote. Her brother, Milo, born without one of his paws, is mascot for the Winter Paralympics in March.

■ Nations making their debuts at the Winter Games are set to include Guinea-Bissau and United Arab Emirates, while the Games will see the debut of ski mountaineering (see p33), plus extra events in ski jumping, skeleton and more.

■ Norway has won more Winter Olympics medals than any other nation – 405 (including 148 golds). Great Britain has 34 medals (12 golds).

Ice dance

Lilah Fear and Lewis Gibson are set to spice up the ice

Dame Jayne Torvill and Sir Christopher Dean dazzled the world to win Olympic gold 42 years ago with their free-dance routine to *Boléro*, and now GB's Lilah Fear and Lewis Gibson will be seeking to emulate their heroes when they take to the rink in Milan.

The duo are part of Team GB's eight-strong figure-skating squad – our biggest since 1988 – that also features pairs team Anastasia Vaipan-Law and Luke Digby.

Fear and Gibson are the only members of the team with previous Olympics experience. Since placing 10th in Beijing, the couple have gone from strength to strength – claiming European medals and winning an historic bronze at the 2025 World Championships.

We met Gibson, 31, and Fear, 26, for an exclusive chat as they unveiled their Olympic routines – a Spice Girls mash-up and a Scottish medley that includes The Proclaimers' *I'm Gonna Be (500 Miles)*…

When did you start ice dancing together?

Gibson Lilah and I teamed up in 2016 and we've been training in Montreal for the past eight years. I started skating when I was 11, which is late. I came from playing football, but I watched the first series of *Dancing on Ice* and was hooked.

Fear I actually started when I was two years old, so I have zero memories of it other than some really cute photos!

Fear and Gibson in 2025

Team GB hasn't been on the podium since Torvill and Dean's last medal (bronze in 1994). What is your target?

Gibson We want to win a medal. Beijing gave us a taste of the Games and we are heading into Milan having made huge leaps in our progress.

Fear We want to continue the British ice-dance legacy and also showcase the fun and creativity, and get as many people involved as possible.

Tell us about your Spice Girls-inspired costumes…

Gibson As soon as we heard the theme for the rhythm dance this year is 90s music, we knew we had to choose the Spice Girls. I'm so happy that we stand out in the sport and have such a clear identity.

And what about your Scottish medley for the free dance?

Fear Our routines are always about entertainment. This year we wanted to add a patriotic flair and highlight our dynamic quality on the ice.

Gibson I'm from Prestwick and Lilah has some Scottish ancestry, too, so it's perfect. It's so patriotic and amazing to be skating to these songs. Hopefully people will be interested to see how we do Highland dancing on ice!

The eight-strong figure-skating team

FIGURE SKATING

There are five figure-skating events in Milan, beginning this week, with the ice-dance finale on 11 February. The men's event features the USA's sensational two-time world champion Ilia Malinin (above) – nicknamed the 'Quad God' – while women's world champion Alysa Liu of the USA will battle Japan's Kaori Sakamoto, who is targeting a first Olympic gold before she retires.

WORDS: RICHARD MCCLURE PHOTOS: ALAMY, GETTY, SARNA/STOCK.ADOBE.COM

Rebecca Morrison

Curling

Does another **Stone of Destiny** await Team GB?

Team GB at the Beijing Games

For a sport that has been described as 'bowls with brooms', curling has provided more than its share of excitement over the years. Who can forget Rhona Martin leading Britain's women to their famous 'Stone of Destiny' victory in 2002, or Eve Muirhead's team claiming gold in Beijing four years ago?

Debutante Rebecca Morrison is part of the women's team defending their Olympic title, while GB's world champion men's team (skipped by Bruce Mouat) has a great opportunity to better its silver medal from 2022 – with round-robin team matches beginning in Cortina on 11 February.

Before then, Mouat joins forces with Jennifer Dodds for their first match in the mixed doubles against Norway on Wednesday.

With the British public about to go curling crazy again, we caught up with Morrison, 29, to hear about her preparations…

Bruce Mouat

How did you get into curling?
I started when I was eight in Aberdeen when I went to a rink 10 minutes from my house. I was so small, I could barely move the stone. But I stuck with it and had the passion. I enjoyed snowboarding, too. But in my teens, I realised I didn't have the guts for it, so that's when I focused on curling.

Are you excited about your Games debut? It will be a huge new experience. I will have some family watching me in Italy. It means a lot to have them there for the biggest event of my life.

What makes a good curler?
Mental strength is huge. Because our games and championships are so long, you've got to stay tuned in for a couple of weeks. Recovery between games is massive, so I will often crochet to relax.

Team GB are reigning Olympic champions. Does that add to the pressure? Traditionally, we have done really well in curling, so we want to produce a really good result – and the podium is our goal.

PLUS…

Alpine skiing

Held across two venues, the alpine skiing begins with the downhill events on 7 and 8 February and also features Super-G, giant slalom, slalom and combined. Stars to watch include USA's Lindsey Vonn and Mikaela Shiffrin, plus Swiss ace Marco Odermatt (above). GB's Dave Ryding is appearing for a fifth and final time.

Ice hockey

As the ice hockey begins on Thursday, NHL players are taking part for the first time since 2014, allowing superstar Connor McDavid (above with USA's Charlie McAvoy) to make his Games debut for Canada as they compete for men's gold with USA. The two nations are also favourites in the women's event. Britain won't be taking part.

Speed skating

Featuring 14 medal events, speed skating begins on 7 February and is traditionally dominated by the Netherlands. Their squad includes 'Flying Dutchwoman' Jutta Leerdam (above), while the USA's Jordan Stolz is another big name. Team GB has two entrants, Niall Treacy in short track and Ellia Smeding in long track.

Taylor Lawrence, Brad Hall, Greg Cackett and Leon Greenwood

Britain take on Germany in a thrilling ride of strength and speed

Bobsleigh

Bobsleigh isn't a sport for the faint-hearted as Team GB athletes can attest as they prepare to hurtle down the perilous iced turns of Cortina's new sliding centre at speeds of up to 140kmh.

As the bob events begin on 15 February, former shot-putter Adelé Nicoll is first up as she becomes the first British woman to compete in the monobob (which debuted in 2022), having recently claimed her best World Cup finish.

Nicoll is also teaming up with ex-sprinter Ashleigh Nelson in the two-woman bob. However, our best chance of a medal lies with the four-man team – pilot Brad Hall, Leon Greenwood, Greg Cackett and Taylor Lawrence. The team were European champions in 2023 and won only our second world championship medal in 86 years with bronze in Lake Placid in March.

Here, Cackett, 36, who's competing in his third Olympics, tells us more…

Lawrence, Hall, Cackett and Greenwood

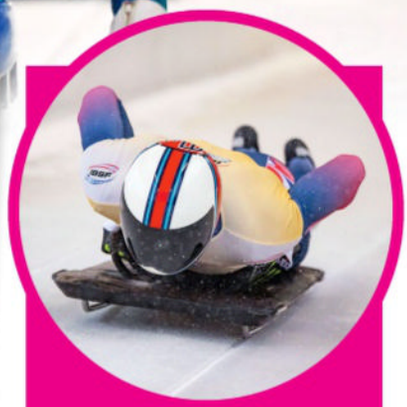
How does it feel being back at the Games? It is always a magic experience going to the Olympics. Beijing was stunning and the vibe was good, but COVID meant we were masked up and no one was there. It will be great to see the crowds and pageantry back.

Adelé Nicoll

How important is your team bond? We are good mates. We have had years together, living in each other's pockets. You need that camaraderie when you are at the top of the track and you know you could break your leg or collarbone. That's not being melodramatic – every run could be your last. You need a massive amount of trust in the team.

The Germans dominate bobsleigh and have three sleds in each of the team events. Is that fair? In 2022, they won all the medals in the men's two-man bob, plus gold and silver in the four-man – but that's the challenge. It makes us raise our game.

Why are they so good? The Germans are so far ahead in terms of investment, tech, facilities and engineering. They are great athletes but they also have unassailable kit. The playing field is not level in our sport. We have to do our best with an off-the-shelf sled.



SKELETON & LUGE

Cortina also hosts the other two sliding sports. Team GB has enjoyed huge success in skeleton (beginning on 12 February), and this time two-time world champion Matt Weston (above), Marcus Wyatt and Tabby Stoecker will all be contesting medals. A mixed team event has been added to the skeleton schedule, while women's doubles makes its debut in the luge, which begins on 7 February.

WORDS: RICHARD MCCLURE. PHOTOS: ADOBE STOCK, ALAMY, GETTY

Freestyle skiing

Medal contender **Kirsty Muir** reveals the tricks of her trade...

Featuring 15 medal events in slopestyle, moguls, aerials, big air, halfpipe and ski cross, freeski debuted in 1992 at Albertville and is now firmly established as one of the Games' coolest spectacles.

Britain has made the podium just once in that time, when Izzy Atkin won 2018 bronze in women's slopestyle to claim our first and only medal in any Olympic skiing event.

Now, her sister, halfpipe specialist Zoe, is aiming to emulate that feat as part of a freeski squad that includes Kirsty Muir from Aberdeen, who was Britain's youngest competitor in 2022 when she finished fifth in the women's big air, aged just 17.

After a year out with a serious knee injury, she bounced back last November to claim World Cup gold.

Zoe Atkin

Here, the 21-year-old reveals if she can bring home an Olympic medal…

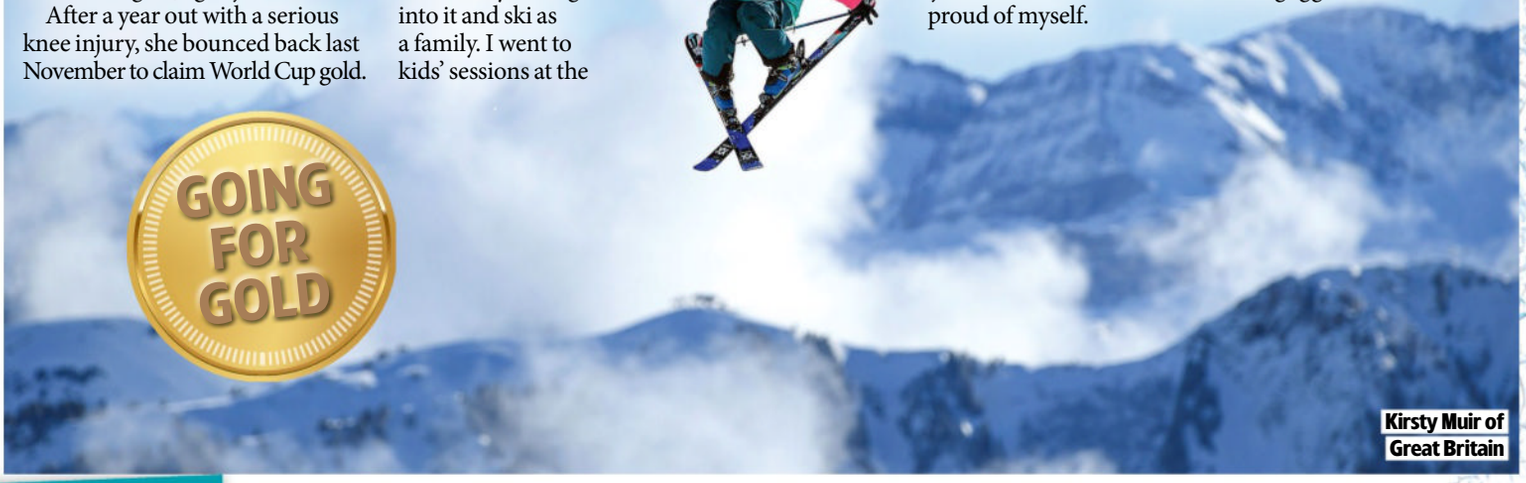
How did you get into freestyle skiing? My dad has skied since he was a kid, and my mum learnt in her 20s, so they were really keen to get me and my siblings into it and ski as a family. I went to kids' sessions at the dry slope in Aberdeen and the coaches could see how much happier and excited I was on the freestyle slope.

How do you perfect your tricks? I train with an air bag in Austria in the off-season – it's a safe way to try out new tricks – and I do a lot of trampolining, which helps spatial awareness. It's really important to have new stuff to show in competitions.

What is your target in Italy? I believe I can win gold. A podium would be great and I will be pushing for it, but I just want to be proud of myself.

How does it feel to appear in your second Games? Four years ago, I was still at school, so this will feel very different. I was the youngest member of Team GB back then and was quite shy. I have come out of my shell now, grown as a person, and found my place in my sport.

Are you treated as a celebrity in Aberdeen? I wouldn't say that! Besides, nobody ever recognises skiers off the slopes because people only see us on TV with helmets and goggles on.



Kirsty Muir of Great Britain

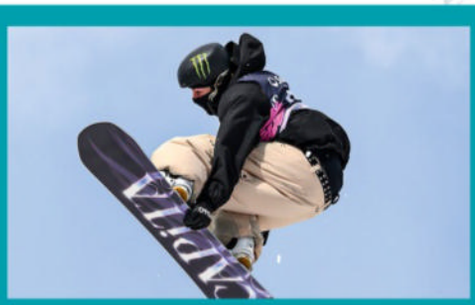
PLUS...

Ski jumping

A new ski-jumping event has been added this year – women's large hill – which gives female athletes the opportunity to compete over longer flights. Slovenia is strong in the sport, sending a team that includes 20-year-old double world champion Nika Prevc (above) and her brother Domen, who is a favourite for the men's contests. The events begin on 7 February.

Ski mountaineering

Making its Olympic debut, 'skimo' sees competitors climb steep, rocky terrain before skiing to the finish line – with each contest lasting around three minutes. There are three events – men's sprint, women's sprint and mixed relay (on 19 and 21 February) – with Swiss star Marianne Fatton (above) and Spain's Oriol Cardona Coll expected to do well.



Snowboarding

Team GB has a great chance of making podiums in the 11 medal events (beginning 7 February), which cover halfpipe, slopestyle, big air, parallel giant slalom and snowboard cross. Teenage trailblazer Mia Brookes (above) is a former slopestyle world champion, while the snowboard cross features Charlotte Bankes, who has recovered from a broken collarbone.

Quiz time

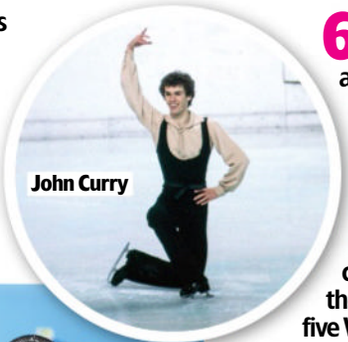
Test your knowledge with these Winter Olympics brain-teasers...

1 How many gold medals has Great Britain won at the Winter Olympics since these Games started in 1924?
A 10
B 12
C 14

2 Where were the first Winter Olympics held?
A Innsbruck
B Chamonix
C Calgary

3 Dame Jayne Torvill and Sir Christopher Dean won ice-dance gold in 1984 with a free programme to the classical music piece *Boléro*. Who composed it?
A Mozart
B Bizet
C Ravel

4 How long is one circuit of the track used for short-track speed skating?
A 104.28m
B 108.92m
C 111.12m


John Curry

5 Who are the reigning men's Olympic ice-hockey champions, winning in 2022?
A Finland
B Canada
C USA

6 British figure skater John Curry won gold at which Olympics?
A 1972
B 1976
C 1984

7 Prince Albert of Monaco competed in the bobsleigh at five Winter Olympics. Where was his first?
A Salt Lake City
B Calgary
C Albertville

8 Eric Heiden won gold medals in all five men's speed-skating events at Lake Placid in 1980. Which country did he represent?
A USA
B East Germany
C Switzerland

9 Team GB women's curling team led by Eve Muirhead won gold in Beijing in 2022. Which country did they defeat in the final?
A Japan
B China
C Sweden

Short-track speed skaters in motion

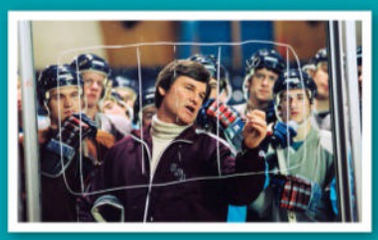
COMPILED BY: NICK CANNON, JUDY EWENS. PHOTOS: ALAMY, GETTY. ©2026 DISNEY & ITS RELATED ENTITIES, 2017, A1 FILM ENTERTAINMENT LLC, LIONSGATE ENTERTAINMENT, PARAMOUNT INTERNATIONAL TELEVISION

Winter watch

Our **pick of the films** that capture the ups and downs of the Winter Olympics...

DOWNHILL RACER (1969)
Drama starring Robert Redford (left) as egotistical skier David Chappellet, who is selected for the US Olympic team. A loner who is focused solely on his personal ambition to become a champion at the hallowed tournament, his cockiness alienates his teammates and coach (Gene Hackman). But can the headstrong skier achieve his dream of winning a gold medal?
Available on Prime Video for a fee

COOL RUNNINGS (1993)
In 1988, a Jamaican bobsleigh team competed in the Winter Olympics for the first time – real-life events that are fictionalised in this comedy movie. When sprinter Derice Bannock (Leon Robinson) fails to qualify for the summer Games, he enlists a shamed US bobsleigh champion to train a Jamaican team led by him.
Available on Disney+



MIRACLE (2004)
Based on a true story, this film tells how Herb Brooks (Kurt Russell, above) led the US ice-hockey team to victory over their seemingly invincible Soviet counterparts in the 1980 Olympic finals – a sporting feat dubbed the 'Miracle on Ice'.
Available on Disney+

EDDIE THE EAGLE (2016)
Taron Egerton (below, left) plays ski jumper Michael Edwards, AKA Eddie the Eagle, who in 1988's Calgary Games became the first person to represent GB in his sport for 60 years. Hugh Jackman (below, right) co-stars as fictional trainer Bronson Peary.
Available on BBC iPlayer

Torvill and Dean enchant the judges in 1984

10 In which event did Team GB first win a Winter Olympics gold (in 1924)?

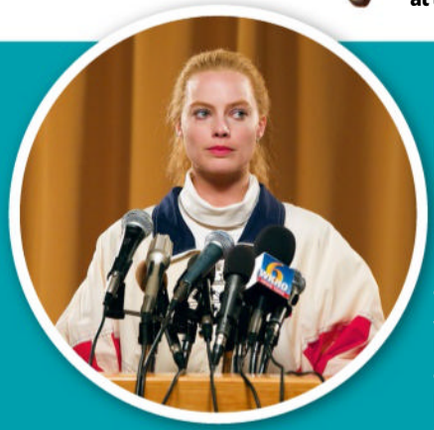
A Curling
B Bobsleigh
C Ice hockey

Prince Albert of Monaco at the 2002 Winter Olympics

Word search

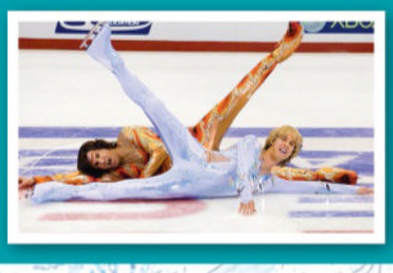
Find the 12 Winter Olympics **host cities** that are hidden in the grid below...

A	B	Z	C	A	L	G	A	R	Y	Z	N	J	S
G	R	E	N	O	B	L	E	X	P	O	H	M	A
S	K	S	I	Y	B	L	J	A	M	O	S	U	P
Q	R	T	H	J	D	A	I	M	P	Z	L	L	P
U	H	M	P	W	I	N	C	R	T	O	P	W	O
A	V	O	L	I	N	N	S	B	R	U	C	K	R
W	P	R	X	N	M	L	G	O	N	D	F	B	O
V	U	I	W	M	P	E	Q	K	C	L	P	X	N
A	D	T	M	F	J	V	B	P	N	H	P	F	Z
L	P	Z	D	A	Q	P	L	K	M	D	I	G	B
L	C	H	A	M	O	N	I	X	P	K	D	M	W
E	P	U	A	L	B	E	R	T	V	I	L	L	E
Y	W	O	T	V	T	V	S	T	I	M	E	S	O
N	F	S	A	L	T	L	A	K	E	C	I	T	Y



BLADES OF GLORY (2007)
Olympic skating arch-rivals who have been banned from men's singles disciplines after brawling on the medals podium exploit a loophole that allows them to qualify as a pairs team. Will Ferrell and Jon Heder star as Chazz and Jimmy in this madcap comedy movie, which follows the duo as they navigate their forced partnership while attempting a dangerous move called the 'Iron Lotus' in order to win gold.
Available on Prime Video for a fee

I, TONYA (2018)
Margot Robbie (above) plays disgraced US figure skater Tonya Harding in this biopic. It traces the ice star's life and career, including her connection to the 1994 assault on her rival Nancy Kerrigan (Caitlin Carver). Allison Janney won an Oscar for her role as Harding's abusive mother.
Available on Netflix



Mix & match

In which Olympic host city did each of these British gold-medallists **win their events**?

Rhona Martin (centre)

Lizzy Yarnold

1 Robin Cousins *(men's figure skating)*
2 Torvill and Dean *(ice dance)*
3 Lizzy Yarnold *(women's skeleton)*
4 Jeannette Altwegg *(women's figure skating)*
5 Tony Nash and Robin Dixon *(two-man bobsleigh)*
6 Rhona Martin *(women's curling)*

A Sochi, Russia
B Innsbruck, Austria
C Sarajevo, Yugoslavia
D Salt Lake City, USA
E Oslo, Norway
F Lake Placid, USA

Robin Cousins

FOR ANSWERS, GO TO PAGE 113 >>>

Sport week

Your **ultimate guide** to the best of the week's live action

Antoine Dupont (France), Ollie Chessum (England), Tom Stewart (Ireland), Finn Russell (Scotland), Edoardo Todaro (Italy) and Louis Rees-Zammit (Wales)

LIVE **RUGBY UNION**

France v Ireland

Thursday, kick-off 8.10pm, ITV1

The 2026 men's Six Nations kicks off in Paris with the tournament's first-ever Thursday-night game when reigning champions France open their campaign against Ireland in what already feels like a potential title-decider.

ITV and the BBC are sharing live coverage of this year's Championship – with ITV screening all of England's matches and some games also on S4C and Premier Sports. Meanwhile, a compressed schedule sees just a single rest week after round three to make room in the calendar for the upcoming Nations Championship.

Here's our team-by-team guide...

THE MAIN EVENT

Six Nations

Formidable France begin their **title defence** in Paris

FRANCE

With three home games – two in Paris, one in Lille – the champions start as narrow favourites, although they may need to beat England in a blockbuster final match at the Stade de France to retain their crown. Maxime Lucu's absence for the early rounds forces a rethink at scrum-half, but coach Fabien Galthié has huge depth in his squad.
Player to watch **Antoine Dupont is back at the heart of the team after a long injury lay-off.**

ENGLAND

Runners-up by a single point in 2025, Steve Borthwick's side are many people's favourites this year thanks to an 11-match winning streak that includes an autumn victory over the All Blacks. As Henry Pollock continues to shine, will England claim its first title since 2020?
Player to watch **Leicester Tigers' versatile lock Ollie Chessum has established himself as one of England's most influential forwards since his debut in 2022.**

IRELAND

Can Andy Farrell's side turn near-misses into a full Championship tilt after last year's third-place finish behind France and England? The side still boasts world-class quality across the park, but injuries to key men like Mack Hansen and Ryan Baird could prove crucial.
Player to watch **After playing well for Ulster this season, 25-year-old hooker Tom Stewart has earned a recall and will be looking to add to his five caps.**

SCOTLAND

Scotland's attacking shape remains one of the most attractive in the tournament, but turning flair into closing power is still the challenge. After finishing fourth last year, Gregor Townsend's men will need to back up big wins with greater consistency.
Player to watch **Mercurial skipper Finn Russell, a Lions tourist in 2025, remains one of the most watchable fly-halves in world rugby, and is capable of flipping a game with a single pass.**

ITALY

With Scotland visiting Rome in the first round, the Azzurri know that a fast start could again energise a young, fearless squad. Since taking charge in 2024, Gonzalo Quesada has doubled down on an uptempo, ball-in-hand style built around a skilful back line and mobile back row.
Player to watch **Teenage wing Edoardo Todaro makes the squad after showing fine form for Northampton Saints this season.**

WORDS: RUAIRIDH CAMPBELL, RICHARD MCCLURE. PHOTOS: GETTY

THE FIXTURES

ROUND ONE
Thu 5 Feb
France v Ireland, 8.10pm
Sat 7 Feb
Italy v Scotland, 2.10pm
Sat 7 Feb
England v Wales, 4.40pm

ROUND TWO
Sat 14 Feb
Ireland v Italy, 2.10pm
Sat 14 Feb
Scotland v England, 4.40pm
Sun 15 Feb
Wales v France, 3.10pm

ROUND THREE
Sat 21 Feb
England v Ireland, 2.10pm
Sat 21 Feb
Wales v Scotland, 4.40pm
Sun 22 Feb
France v Italy, 3.10pm

ROUND FOUR
Fri 6 Mar
Ireland v Wales, 8.10pm
Sat 7 Mar
Scotland v France, 2.10pm
Sat 7 Mar
Italy v England, 4.40pm

ROUND FIVE
Sat 14 Mar
Ireland v Scotland, 2.10pm
Sat 14 Mar
Wales v Italy, 4.40pm
Sat 14 Mar
France v England, 8.10pm

WALES

Wales' quest to avoid a third consecutive wooden spoon hasn't been helped by a shoulder injury to star flanker Jac Morgan, who will miss the start of the tournament. Dismal results in the autumn internationals included a record loss to Argentina and Wales' heaviest-ever defeat on home soil, 73-0 to South Africa. *Player to watch* Coach Steve Tandy will be glad to have the electric Louis Rees-Zammit back from his stint in the NFL.

LIVE FOOTBALL

EFL Cup semi-finals

Tue & Wed, kick-offs 8pm, ITV1 & Sky Sports Main Event

With Arsenal gunning for an unprecedented quadruple, Mikel Arteta focuses on the EFL Cup on Tuesday as his team face Chelsea in their semi-final second leg at the Emirates (ITV1 & Sky Sports Main Event). The two-time winners have a 3-2 advantage after winning at Stamford Bridge, although Blues boss Liam Rosenior will have Cole Palmer and Moises Caicedo available again after missing the first leg through injury and suspension. Meanwhile, holders Newcastle travel to Manchester City on Wednesday (Sky Sports Main Event), looking to overturn a 2-0 deficit after first-leg goals from Antoine Semenyo and Rayan Cherki.

Manchester City's Antoine Semenyo

Arsenal won their first leg

Jannik Sinner

LIVE TENNIS

Australian Open finals

Saturday & Sunday, TNT Sports 1 & Discovery+

This year's tournament has served up Novak Djokovic's 100th win at Melbourne Park, Stan Wawrinka's Down Under farewell, and Carlos Alcaraz and Iga Swiatek's bids to win a career Grand Slam – but who will be contesting the women's and men's singles finals on Saturday and Sunday? Twelve months ago, USA's Madison Keys claimed her maiden Slam and Italy's Jannik Sinner won his second Australian title in a row.

Luke Humphries won in 2025

LIVE DARTS

Premier League

Thu, Sky Sports+ & Sky Sports Main Event

The elite eight-player tournament gets under way in Newcastle on Thursday in the first night of a 16-week league stage, before the play-offs at London's O2 in May. World champion Luke Littler and defending champion Luke Humphries are joined by debutants Josh Rock and World Championship finalist Gian van Veen, along with seven-time winner Michael van Gerwen, Jonny Clayton, Stephen Bunting and Gerwyn Price. This year's event sees Antwerp stage the Premier League for the first time (in week two).

Pathum Nissanka of Sri Lanka

LIVE CRICKET

England v Sri Lanka: T20s

Sunday & Tuesday, TNT Sports

As the sides meet in Kandy for the last two T20 games of the three-match series, team captains Harry Brook and Dasun Shanaka will hope for morale-boosting showings ahead of the men's T20 World Cup, which begins next week. Can Sri Lanka openers Pathum Nissanka and Kamil Mishara bounce back from their disappointing performances in the drawn New Year T20 series against Pakistan?

Sport A-Z and football planner »»

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Sport week A-Z GUIDE

AMERICAN FOOTBALL

LIVE NFL Pro Bowl Games
Mon 1am Sky Sports Main Event & Sky Sports NFL

BASKETBALL

LIVE New York Knicks v Los Angeles Lakers
Sun 11pm Sky Sports Main Event & Sky Sports+
The NBA inter-conference match.

LIVE Denver Nuggers v Oklahoma City Thunder
Sun 2.30am Sky Sports Main Event & Sky Sports+
NBA Western Conference game.

LIVE Memphis Grizzlies v Minnesota Timberwolves
Mon 12m't Sky Sports+
NBA Western Conference fixture.

LIVE Los Angeles Clippers v Philadelphia 76ers
Mon 3am Sky Sports Main Event & Sky Sports+
The NBA inter-conference match.

LIVE Dallas Mavericks v Boston Celtics
Tue 12m't Sky Sports Main Event & Sky Sports+
The NBA inter-conference game.

LIVE Portland Trail Blazers v Phoenix Suns
Tue 4am Sky Sports Main Event & Sky Sports+
NBA Western Conference fixture.

BOXING

LIVE Adam Azim v Gustavo Lemos
Sat 7.30pm BBC2
The super-lightweight bout at Copper Box Arena in London.

COMBAT SPORTS

LIVE UFC 325 Prelims
Sat 12m't TNT Sports 1

LIVE Alexander Volkanovski v Diego Lopes
Sat 2am TNT Sports 1
The featherweight title bout.

CRICKET

LIVE Under-19s World Cup
Sat & Sun 7.15am Sky Sports Cricket

LIVE India v New Zealand
Sat 1.15pm TNT Sports 3
The fifth and final T20 in the series staged at Greenfield Stadium.

LIVE South Africa v West Indies
Sat 3.30pm Sky Sports Cricket
The third T20 in Johannesburg.

Boxing
Adam Azim (left) faces Gustavo Lemos in London on Saturday.

LIVE Sri Lanka v England
Sun 2pm TNT Sports 2
The second T20 in the three-match series from Pallekele International Cricket Stadium in Kandy. See p37.

LIVE Delhi Capitals v UP Warriorz
Sun 3pm Sky Sports Cricket

LIVE Under-19s World Cup
Tue 7am Sky Sports Main Event & Sky Sports Cricket
The first semi-final from Queens Sports Club in Bulawayo, Zimbabwe.

LIVE WPL
Tue 1.50pm Sky Sports+ & Sky Sports Mix, 3pm Sky Sports Cricket
The eliminator from Vadodara.

LIVE Sri Lanka v England
Tue 2pm TNT Sports 1
The third and final T20 at Pallekele International Cricket Stadium.

LIVE Under-19s World Cup
Wed 7am Sky Sports Main Event & Sky Sports Cricket
The second semi-final staged at Harare Sports Club in Zimbabwe.

LIVE WPL
Thu 1.50pm Sky Sports Cricket & 2pm Sky Sports Main Event
The final staged at Vadodara International Cricket Stadium.

LIVE Under-19s World Cup
Fri 7am Sky Sports Main Event & Sky Sports Cricket
The final from Harare Sports Club, Zimbabwe.

LIVE Pakistan v Netherlands
Fri 5am Sky Sports Main Event & Sky Sports Cricket
The men's T20 World Cup Group A match from SSC Cricket Ground in Colombo.

CYCLING

LIVE AlUla Tour
Sat 11.45am TNT Sports 1
The fifth stage, a 163.9km route.

LIVE Cyclocross
Sat & Sun 2pm TNT Sports 4
The elite races in Hulst, Netherlands.

LIVE Men's Cycling Pro Series
Sun 11.30am TNT Sports 4
Challenge Mallorca and Trofeo Palma.

LIVE UEC Track Cycling Elite European Championship
Sun 4.15pm TNT Sports 4; Mon 3.30pm TNT Sports 1; Tue 3.30pm TNT Sports 2; Wed 4pm & Thu 11.30am TNT Sports 3
Days one to five in Konya, Turkey.

LIVE Cyclocross
Wed 12.45pm TNT Sports 4 & TNT Sports 3
Exact cross events in Maldegem.

LIVE Tour of Valencia
Wed & Thu 2.30pm, Fri 3pm TNT Sports 3
Stages one to three.

LIVE UAE Tour
Thu & Fri 10.45am TNT Sports 1
The first and second stages.

DARTS

LIVE World Masters
Sat & Sun 1pm & 7pm ITV4
Days three and four from Arena MK.

LIVE Premier League
Thu 7pm Sky Sports Main Event & Sky Sports+
The first round of the season at Utilita Arena Newcastle. See p37.

GOLF

LIVE Icons of Football
Sat 6.30am & Sun 6am Sky Sports+; Sat 6.30am & 1am, Sun 6am Sky Sports Mix, Sky Sports Main Event & Sky Sports Golf
Days one and two at Robinswood Club in Bangkok, Thailand.

LIVE Bahrain Championship
Sat 9am & Sun 8.30am Sky Sports Main Event & Sky Sports Golf
Days three and four staged at Royal Golf Club in Al Mazrowiah.

LIVE Farmers Insurance Open
Sat 4pm & Sun 3.30pm Sky Sports Golf; Sat 10.30pm & Sun 8.30pm Sky Sports Main Event
Days three and four held at Torrey Pines Golf Course in San Diego.

LIVE LGPA Tournament of Champions
Sat 7.30pm & Sun 6pm Sky Sports+ & Sky Sports Mix
Days three and four from Lake Nona Golf and Country Club.

LIVE Atlanta Drive Golf Club v Jupiter Links Golf Club
Mon 10pm Sky Sports Golf
The TGL team match at SoFi Center.

LIVE African Amateur Championship
Wed 9am Sky Sports Golf; Thu & Fri 9am Sky Sports Mix
Days one to three in South Africa.

LIVE LIV Golf
Wed-Fri 2pm TNT Sports 1
Days one to three at Riyadh Golf Club.

LIVE Qatar Masters
Thu 9am Sky Sports Main Event; Thu & Fri 9am Sky Sports Golf
Days one and two at Doha Golf Club.

LIVE WM Phoenix Open
Thu & Fri 2.15pm Sky Sports Golf; Thu 11pm, Fri 3.30pm & 10.45pm Sky Sports Main Event
Days one and two at TPC Scottsdale.

HORSE RACING

LIVE Sandown
Sat 12.45pm ITV1

LIVE Musselburgh
Sun 12.45pm ITV1

LIVE Friday Night Series
Fri 5.15pm ITV4

ICE HOCKEY

LIVE Ottawa Senators v New Jersey Devils
Sat 12m't Premier Sports 2

LIVE Edmonton Oilers v Minnesota Wild
Sat 3am Premier Sports 1

LIVE Tampa Bay Lightning v Boston Bruins
Sun 11.30pm Premier Sports 2

LIVE Washington Capitals v New York Islanders
Mon 12m't Premier Sports 2

LIVE Dallas Stars v Winnipeg Jets
Mon 1.30am Premier Sports 1

LIVE Calgary Flames v Toronto Maple Leafs
Mon 3am Premier Sports 2

LIVE Philadelphia Flyers v Washington Capitals
Tue 12m't Premier Sports 2

LIVE Edmonton Oilers v Toronto Maple Leafs
Tue 1.30am Premier Sports 1

LIVE Anaheim Ducks v Seattle Kraken
Tue 3am Premier Sports 2

LIVE Colorado Avalanche v San Jose Sharks
Wed 2am Premier Sports 1 & Premier Sports 2

LIVE New York Rangers v Carolina Hurricanes
Thu 12m't Premier Sports 2

LIVE Tampa Bay Lightning v Florida Panthers
Thu 12.30am Premier Sports 1

LIVE Vegas Golden Knights v Los Angeles Kings
Thu 3am Premier Sports 2

MOTORSPORT

LIVE Formula E
Sat 6pm TNT Sports 4
The Miami ePrix.

LIVE NASCAR
Sun 12.30am Premier Sports 1
The Cook Out Clash.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 2
Group Five of the Women's Champions League.

RUGBY UNION

LIVE Lions v Bulls
Sat 12noon Premier Sports 1 (kick-off 12.30pm) The United Rugby Championship match.

LIVE Northampton Saints v Leicester Tigers
Sat 2.30pm TNT Sports 1 (kick-off 3.05pm)
The Prem Rugby Cup Pool B match from Franklin's Gardens.

LIVE Zebre Parma v Connacht
Sat 2.30pm Premier Sports 2 (kick-off 3pm) The United Rugby Championship game.

LIVE Sharks v Stormers
Sat 2.35pm Premier Sports 1 (kick-off 3pm) The United Rugby Championship fixture.

LIVE Leinster v Edinburgh
Sat 5.15pm Premier Sports 1 (kick-off 5.30pm) The United Rugby Championship match.

LIVE Ulster v Cardiff
Sat 7.15pm Premier Sports 2 (kick-off 7.45pm) The United Rugby Championship game.

LIVE Ospreys v Dragons
Sat 7.30pm S4C & 7.40pm Premier Sports 1 (kick-off 7.45pm)
The United Rugby Championship match from Swansea.com Stadium.

LIVE Premiership Women's Rugby
Sun 2.30pm TNT Sports 1

LIVE Pau v Toulon
Sun 8pm Premier Sports 2 (kick-off 8.05pm) The Top 14 game.

LIVE France v Ireland
Thu 7.20pm ITV1 (kick-off 8.10pm)
The first match of the Six Nations held at Stade de France. See p36.

LIVE Wales v England
Fri 7.25pm S4C (kick-off 7.45pm)
The Six Nations Under-20 Championship match.

LIVE Currie Chieftains v Kelso
Fri 7.30pm BBC Alba (kick-off 7.35pm) The Rugby Men's Scottish Premiership match.

LIVE Leicester Tigers v Newcastle Red Bulls
Fri 7.30pm TNT Sports 3 & 8.30pm TNT Sports 1 (kick-off 7.45pm) The Prem Rugby Cup Pool B match staged at Mattioli Woods Welford Road.

SKIING

LIVE Nordic Combined Skiing
Sat 9am & 11.15am TNT Sports 4; Sun 9am & 11.15am TNT Sports 3

LIVE Alpine Skiing
Sat & Sun 9.45am TNT Sports 2

LIVE Ski Jumping
Sat & Sun 12noon TNT Sports 2; Sat 3.30pm TNT Sports 4

LIVE Ski Mountaineering
Sun 8am TNT Sports 2

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HOW TO STREAM TV

Everything you need to know about all the channels available to stream...

FREE TO WATCH

BBC iPlayer

A free video-on-demand service from the BBC, featuring BBC dramas including *Luther*, *Doctor Who* and *Line of Duty*, as well as hits including *The Responder* and *This City Is Ours*. There are many comedies, too, from *Not Going Out* to *Ghosts* and *Mrs. Brown's Boys*, plus all episodes of *The Traitors* and *Race Across the World*. You can also watch BBC channels live. It's available online and on devices including mobile phones, tablets and smart TVs.

ITVX

This free streaming channel is the home for all ITV shows, films and much more – from drama box sets such as *Trigger Point* to *Love Island* episodes and James Bond movies. It can be accessed on smart TVs and an app to download. You can upgrade to ITVX Premium for an extra fee for even more content and ad-free viewing.

Channel 4 Streaming

A free streaming channel for all C4 content, this is home to shows from *Location, Location, Location* to *Celebrity Gogglebox*, plus a huge selection of true-crime series and documentaries, including *24 Hours in A&E*, as well as box-set comedies such as *Friday Night Dinner*, *Peep Show* and *Derry Girls*. You can access online via channel4.com, your smart TV or an app download. An upgrade to Channel 4+ for an extra fee also gives you more shows, early access and ad-free viewing.

5 Streaming

A free video-on-demand service from 5 that features bingeable box sets of American shows such as *Dexter* and *The Good Wife*, plus top British dramas including *All Creatures Great & Small*. There's also a huge selection of police documentaries, from *Traffic Cops* to *Police Interceptors*, plus kids' shows from *Peppa Pig* to *Paw Patrol*. The service is available on smart TVs, through channel5.com and as an app download.

U

The free streaming service offers drama, comedy and entertainment, from recent shows like *The Marlow Murder Club* and *Bergerac* to classic series such as *Pride and Prejudice*. There are also US box sets including *Mad Men*, plus lots of true-crime documentaries and favourites such as *Canal Boat Diaries*. It can be accessed via an app and on smart TVs.

SUBSCRIPTION SERVICES

Netflix

This paid-for streaming channel features plenty of original content, with shows from *The Four Seasons* and *Toxic Town* to *Con Mum* and *The Real Fatal Attraction*. There is also a host of new and classic films such as *Grease* and *Mean Girls*, plus it's the home of all seasons of *Friends*. You can access Netflix via smart TVs, the website and an app to download.

Prime Video

The paid-for subscription channel features plenty of original TV shows like *Clarkson's Farm* and *Nine Perfect Strangers*. There are also comedy shows such as *Last One Laughing*, plus plenty of newly released films available to stream, buy or rent including BAFTA-winner *Conclave*. Prime Video can be accessed on TVs, mobiles, tablets and more.

Disney+

The home of most Disney content is a paid-for streaming channel that has classic movies such as *Mary Poppins* and *Dumbo*, recent films including *A Complete Unknown*, top dramas like *A Thousand Blows*, plus a large selection of National Geographic documentaries such as *Ocean* with Sir David Attenborough. There's every Star Wars film and spin-off series such as *Andor*, plus the Muppets' catalogue of films and shows. It's available on smart TVs, an app download and online.

Apple TV+

There's a selection of high-quality, exclusive, original-production films and TV series called Apple Originals. Content includes top dramas *Slow Horses*, *Smoke* and *Severance*, comedies like *Ted Lasso* and *Bad Sisters*, plus films *Napoleon* and *Blitz*. This paid-for streaming channel is available on smart TVs and the Apple TV app.

Paramount+

This is the home to blockbuster Paramount movies, new originals and hit shows, primarily from the libraries of American TV station CBS, with TV series including *Yellowstone* and *Star Trek: Discovery*. There's also a huge selection of Smithsonian documentaries, MTV series and Nickelodeon shows including *SpongeBob SquarePants*. The paid-for streaming service is available on desktop, smart TVs and an app, and is also available free for Sky Cinema subscribers.

Discovery+

This is a paid-for streaming service that focuses on factual programming and original series. There's a library of real-life entertainment with eye-opening docuseries such as *Celebrity Help! My House Is Haunted*. It's also home to sports via the TNT Sports channels, including cricket, football, French Open tennis and Premiership rugby union. The service is available via the app and smart TVs. The basic version (without sport) is also included at no extra cost on Sky.

Sky Store

This paid-for streaming service is home to the latest blockbuster movies straight from the cinema, either to buy or rent, as well as TV shows to buy and keep including *The White Lotus* and *The Last of Us*. It's independent from Sky's TV service, meaning a Sky TV subscription isn't required, but you must create an account to access products and services.

MGM+

This is a paid-for streaming service that features a variety of content including titles from Lionsgate and US channel Starz as well as original MGM+ series. Shows and films include *Godfather of Harlem* and *Legally Blonde*, plus all the James Bond movies. Subscribe to MGM+ via Prime Video for a monthly fee.

Acorn TV

Many favourite dramas, murder mysteries and comedies from around the world appear here first. Current hit series include *Whitstable Pearl*, *Harry Wild*, *Darby and Joan*, *Signora Volpe* and *Recipes for Love & Murder*. The paid-for streaming service is available on smart TVs and via a mobile app.

NOW

There is a host of Sky TV shows and box sets to watch on this paid-for streaming service including *The Day of the Jackal*, *Brassic*, *Gangs of London* and *The White Lotus*. A choice of plans means you can also stream Sky Sports to enjoy Formula One and events such as the British & Irish Lions rugby series, and even watch the latest movies and Sky Original films. It's available to stream via your smart TV.

DAZN

This paid-for steaming sports service features boxing, NFL, kick-boxing, LIV Golf and women's football, as well as the FIFA Club World Cup. It broadcasts both live and on-demand. You can access it via its mobile app and on smart TVs. It's also available as a Prime Video channel at an additional subscription cost.

WORDS: NICK CANNON, HANNAH DAVIES. PHOTO: ADOBE STOCK

SNOOKER

LIVE German Masters
Sat 2pm & 7pm TNT Sports 2; Sun 1pm & 7pm TNT Sports 3

LIVE World Grand Prix
Mon, Wed & Thu 5am & Fri 11am TNT Sports 3

TENNIS

LIVE Australian Open
Sat 8am TNT Sports 1
The women's singles final staged at Melbourne Park. See p37.

LIVE Australian Open
Sun 7.30am TNT Sports 1
The men's singles final staged at Melbourne Park. See p37.

LIVE WTA Abu Dhabi Open
Sun 9am, Mon 7am & Fri 12noon Sky Sports Tennis; Mon 7am Sky Sports+

LIVE ATP Montpellier Open
Fri 7pm Sky Sports Tennis

WINTER OLYMPICS

LIVE Alpine Skiing
Wed 10.15am TNT Sports 2; Thu 11am TNT Sports 4
Men's downhill training staged at Stelvio Ski Centre. See p27-35.

LIVE Great Britain v Norway
Wed 6pm TNT Sports 2
The mixed doubles curling fixture at Cortina Curling Olympic Stadium.

LIVE South Korea v Italy
Thu 9am TNT Sports 4
The mixed doubles curling match.

LIVE Great Britain v Estonia
Thu 9am BBC2 & TNT Sports 2
The mixed doubles curling game at Cortina Curling Olympic Stadium.

LIVE Sweden v Germany
Thu 11am TNT Sports 2
Women's ice hockey Group B game.

LIVE Norway v Canada
Thu 1.30pm TNT Sports 4
The mixed doubles curling game.

LIVE Italy v France
Thu 1.45pm TNT Sports 2
Women's ice hockey Group B game.

LIVE USA v Czech Republic
Thu 3.30pm TNT Sports 4 & 4.15pm TNT Sports 2
Women's ice hockey Group A game.

LIVE Canada v Italy
Thu 6pm TNT Sports 4
The mixed doubles curling game.

LIVE Snowboarding
Thu 6.15pm TNT Sports 2
Men's big air qualifying.

LIVE Finland v Canada
Thu 8pm TNT Sports 4 & 8.45pm TNT Sports 2
Women's ice hockey Group A game.

LIVE Figure Skating
Fri 8.45am TNT Sports 4 & 11.15am TNT Sports 2
Day one of the team event.

LIVE Sweden v Great Britain
Fri 9am BBC2 & TNT Sports 2
The mixed doubles curling game at Cortina Curling Olympic Stadium.

LIVE South Korea v Great Britain
Fri 1.30pm BBC2 & TNT Sports 2
The mixed doubles curling game at Cortina Curling Olympic Stadium.

LIVE Czech Republic v Switzerland
Fri 2pm TNT Sports 4 & 3.30pm TNT Sports 2
Women's ice hockey Group A game.

Football planner

Saturday 31

LIVE Newcastle Jets v Brisbane Roar
6am TNT Sports 1 & TNT Sports 3 (kick-off 6am) A-League.

LIVE Canberra United v Melbourne Victory
6.30am TNT Sports 4 (kick-off 6.30am)

LIVE Sydney FC v Western Sydney Wanderers
8.30am TNT Sports 3 (kick-off 8.35am) A-League.

LIVE Perth Glory v Auckland FC
10.45am TNT Sports 3 (kick-off 10.45am) A-League.

LIVE Stoke City v Southampton
11am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
The Championship match.

LIVE Championship
12.25pm Sky Sports+ (kick-off 12.30pm)

LIVE Caernarfon Town v Colwyn Bay
5pm S4C (kick-off 5.15pm)

LIVE Chelsea v West Ham United
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm) The Premier League match at Stamford Bridge.

LIVE Hibernian v Glasgow City
5.05pm BBC Alba (k-o 5.15pm)
SWPL League Cup first semi-final.

LIVE Hamburg SV v Bayern Munich
5.20pm Sky Sports Football (kick-off 5.30pm) The Bundesliga fixture from Volksparkstadion.

LIVE Liverpool v Newcastle United
7pm TNT Sports 1 (kick-off 8pm)
Premier League match at Anfield.

LIVE Dundee United v Hearts
7.30pm Sky Sports Football & 7.45pm Sky Sports Main Event (kick-off 8pm)
The Scottish Premiership match.

LIVE Elche v Barcelona
8pm Disney+ (kick-off 8pm)

Sunday 1

LIVE Central Coast Mariners v Melbourne Victory
6am TNT Sports 3 (kick-off 6am)

LIVE Newcastle Jets v Wellington Phoenix
6am TNT Sports 4 (kick-off 6am)

LIVE Manchester United v Liverpool
11am Sky Sports Main Event, Sky Sports Football & Sky Showcase (kick-off 11.55am)
The Women's Super League game staged at Leigh Sports Village.

LIVE West Ham United v Tottenham Hotspur
11am Sky Sports Mix (kick-off 11.55am)
The Women's Super League match at Chigwell Construction Stadium.

LIVE Aston Villa v Brentford
12.30pm Sky Sports Premier League (kick-off 2pm) The Premier League game at Villa Park.

LIVE PREMIER LEAGUE

Liverpool v Newcastle United

Sat, kick-off 8pm, TNT Sports 1

Newcastle may have triumphed in last season's EFL Cup final, but Liverpool have been utterly dominant in the sides' league fixtures. The Reds haven't lost in the last 18 meetings, including a 3-2 win at St James' Park in August that saw Magpies' Anthony Gordon sent off.

LIVE PREMIER LEAGUE

Manchester United v Fulham

Sunday, kick-off 2pm, Sky Sports Main Event

Games between United and Fulham have been close affairs recently, with the teams sharing the points in August with a 1-1 draw at Craven Cottage. The Red Devils' Kobbie Mainoo looks set for a new lease of life under caretaker boss Michael Carrick.

LIVE WSL

Manchester City v Chelsea

Sun, kick-off 2.30pm, BBC1

Following their League Cup clash, the top two face off at the Etihad where champions Chelsea can't afford to lose any more ground on the league leaders. City striker Khadija Shaw is leading the WSL scoring charts this season, averaging a goal a game.

LIVE Real Madrid v Rayo Vallecano
12.55pm Premier Sports 2 (kick-off 1pm) The LaLiga match staged at Bernabeu.

LIVE Manchester United v Fulham
1pm Sky Sports Main Event (kick-off 2pm) The Premier League match from Old Trafford.

LIVE Rangers v Celtic
1.30pm BBC Alba (k-o 1.40pm)
The SWPL League Cup second semi-final at Broadwood Stadium.

LIVE Hibernian v Rangers
1.30pm Premier Sports 1 (kick-off 2pm) The Scottish Premiership game at Easter Road.

LIVE Nottingham Forest v Crystal Palace
1.55pm Sky Sports+ (kick-off 2pm) The Premier League fixture at The City Ground.

LIVE Manchester City v Chelsea
2.05pm BBC1 (kick-off 2.30pm)
Women's Super League.

LIVE Women's Champions Cup
2.30pm Sky Sports Football (kick-off 2.45pm) The third/fourth place play-off at Emirates Stadium.

LIVE Real Betis v Valencia
3.10pm Premier Sports 2 (kick-off 3.15pm) LaLiga.

LIVE Tottenham Hotspur v Manchester City
4pm Sky Sports Premier League & 4.25pm Sky Sports Main Event (kick-off 4.30pm)
The Premier League match held at Tottenham Hotspur Stadium.

LIVE Getafe v Celta Vigo
5.25pm Premier Sports 1 (kick-off 5.30pm) LaLiga.

LIVE Women's Champions Cup
5.30pm Sky Sports Football & 7pm Sky Sports Main Event (kick-off 6pm) The final staged at Emirates Stadium.

LIVE Parma v Juventus
7.30pm TNT Sports 1 (kick-off 7.45pm) The Serie A game from Stadio Ennio Tardini.

LIVE Athletic Bilbao v Real Sociedad
7.55pm Premier Sports 1 (kick-off 8pm) The LaLiga fixture.

LIVE Boca Juniors v Newell's Old Boys
10.10pm Premier Sports 1 (kick-off 10.15pm) The Argentine Primera Division match.

Monday 2

LIVE Sunderland v Burnley
7pm Sky Sports Premier League & 7.30pm Sky Sports Main Event (kick-off 8pm) The Premier League match at Stadium of Light.

LIVE Mallorca v Sevilla
7.55pm Premier Sports 1 (kick-off 8pm) The LaLiga game.

Tuesday 3

LIVE Chelsea U19 v PSV Eindhoven U19
5pm TNT Sports 3 (kick-off 5pm)
The Youth League round-of-32 match at Cobham Training Centre.

LIVE Arsenal v Chelsea
7pm Sky Sports Main Event & 7.30pm ITV1 (kick-off 8pm)
The EFL Cup semi-final second leg staged at Emirates Stadium. The first leg at Stamford Bridge ended 3-2 to the Gunners. See p37.

LIVE St Mirren v Hearts
7.30pm Sky Sports Football (kick-off 8pm)
The Scottish Premiership match staged at The SMISA Stadium.

LIVE Serie A
7.30pm TNT Sports 1

LIVE Sheffield United v Oxford United
7.35pm Sky Sports+ (kick-off 7.45pm) Championship match staged at Bramall Lane.

Wednesday 4

LIVE Sydney FC v Brisbane Roar
8.30am TNT Sports 1 & TNT Sports 3 (kick-off 8.30am)

LIVE HJK Helsinki U19 v Manchester City U19
3pm TNT Sports 4 (kick-off 3pm)
Youth League round-of-32 match.

LIVE Real Betis U19 v Tottenham Hotspur U19
5pm TNT Sports 4 (kick-off 5pm)
Youth League round-of-32 fixture.

LIVE Aberdeen v Celtic
7pm Sky Sports Football (kick-off 8pm) The Scottish Premiership match from Pittodrie.

LIVE Manchester City v Newcastle United
7.30pm Sky Sports Main Event (kick-off 8pm)
The EFL Cup semi-final second leg staged at Etihad Stadium. See p37.

LIVE Inter Milan v Torino
7.55pm Premier Sports 1 (kick-off 8pm) Coppa Italia.

LIVE Santos v Sao Paulo
10.55pm Premier Sports 1 & Premier Sports 2 (kick-off 11pm)

Thursday 5

LIVE Accrington Stanley v Salford City
7.30pm Sky Sports Football (kick-off 8pm) League Two match.

LIVE Atalanta v Juventus
7.55pm Premier Sports 1 (kick-off 8pm) Coppa Italia.

LIVE Wellington Phoenix v Perth Glory
3am TNT Sports 1 (kick-off 3am)

Friday 6

LIVE Wellington Phoenix v Melbourne Victory
6am TNT Sports 1 (kick-off 6am)

LIVE Macarthur Bulls v Perth Glory
8.30am TNT Sports 1 (kick-off 8.35am)

LIVE Union Berlin v Eintracht Frankfurt
7.30pm BBC iPlayer (kick-off 7.30pm) Bundesliga.

LIVE Airdrieonians v St Mirren
7.30pm BBC Scotland (kick-off 7.45pm) Scottish Cup fifth-round tie at Excelsior Stadium.

LIVE Leeds United v Nottingham Forest
7.30pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm) The Premier League game from Elland Road.

LIVE Charlton Athletic v Queens Park Rangers
7.30pm Sky Sports Football (kick-off 8pm) The Championship match staged at The Valley.

LIVE Auckland FC v Sydney FC
4am TNT Sports 1 (kick-off 4am)

LIVE Western Sydney Wanderers v Adelaide United
5.45am TNT Sports 4 (kick-off 5.50am)

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Saturday

31 January

Evening Planner

Action Thriller

Prisoner of War
Sky Premiere, 10.20am & 9.35pm
Wartime action drama about a PoW (Scott Adkins) who is forced to fight for his Japanese captors' entertainment.

Football

Premier League
Sky Sports & TNT Sports 1
Chelsea host West Ham to kick off the weekend's action (k-o 5.30pm), followed by Liverpool v Newcastle (k-o 8pm).

Documentary

The Assassinations of Queen Victoria
5, 8.30pm
Documentary looking into the eight deadly attempts on the monarch's life.

Factual

Phil Collins Eras: In Conversation
BBC2, 11pm
The musician chats to Zoe Ball about his career, from acting roots to rock stardom.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	‹ 6.45 Michael McIntyre's Big...	7.45 The Weakest Link		8.30 Casualty		9.20 Waiting for the Out	10.05 News	10.25 Match of the Day
102 BBC2	‹ 6.30 Digging for...	7.30 Boxing – Live: Adam Azim v Gustavo Lemos					10.00 Phil Collins at the BBC	
103 ITV1	7.00 The Masked Singer			8.30 The 1% Club			9.45 Film: Taken 2	
104 CHANNEL 4		7.15 Film: Independence Day: Resurgence				9.30 Film: Cocaine Bear		
105 5	‹ 6.00 Dad's Army...	7.30 Secrets of the Royal Traditions		8.30 The Assassinations of Queen Victoria			10.00 Most Shocking Celebrity Moments	
106 SKY SHOWCASE	‹ 6.30 Film: The Amazing Spider-Man				9.00 Film: The Bourne Ultimatum			
ENTERTAINMENT								
115 BBC3	7.00 Doctor Who			8.35 Gavin & Stacey		9.35 Mrs Brown's Boys		10.35 Things...
116 BBC4	7.00 Meet the Ancestors	7.40 The Good Old Days		8.30 Hetty Wainthropp Investigates		9.20 Blackshore		
118 ITV2	‹ 6.55 Film: Mission: Impossible – Fallout						10.00 Love Island: All Stars: Unseen Bits	
136 MORE4	‹ 6.55 Four in a Bed		8.00 24 Hours in A&E					
135 E4	7.00 Film: Sister Act				9.00 Celebrity Gogglebox		10.00 Gogglebox	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Law & Order: Criminal Intent		10.00 Blue Bloods	
108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 True Detective: Night Country		10.10 Under Salt Marsh	
110 U&GOLD	‹ 6.50 Only Fools and Horses							10.25 This Time with...
111 U&DAVE	7.00 Gavin & Stacey		8.20 Would I Lie to You?		9.00 Not Going Out			
119 ITV3	‹ 6.10 Midsomer Murders		8.05 Midsomer Murders				10.05 Vera	
120 ITV4	7.00 Darts: The World Masters – Live: Coverage of the evening session on day three							
112 COMEDY CENTRAL	‹ 6.00 Film: The Jewel of the Nile		8.00 Film: Armageddon					
152 SKY SCI-FI	7.00 Star Trek: Voyager							
113 SKY MAX	7.00 Stargate Universe				9.00 Rob & Romesh vs Team GB: Winter Special			
109 U&ALIBI	7.00 Shakespeare & Hathaway		8.00 Death in Paradise		9.00 Father Brown		10.00 Death in Paradise	
124 SKY ARTS	‹ 6.00 Cliff Richard and the Shadows: The Final Reunion			8.50 The Eagles: Live from the LA Forum				
132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 One Born Every Minute				10.00 The Supervet: Noel Fitzpatrick	
DOCUMENTARY								
125 DISCOVERY	7.00 Scrapyard Dynasty		8.00 Secrets Underground		9.00 Marooned with Ed Stafford		10.00 In the Eye of the Storm	
162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 Alaskan Bush People: Book of Matt		10.00 Tanked	
129 NAT GEO	7.00 Seconds from Disaster		8.00 Inside the SS				10.00 Hitler the Junkie	
123 SKY HISTORY	7.00 Airport Security: USA				9.00 Contraband: Seized at Sea			
155 U&YESTERDAY	7.00 Robson Green: World's Most Amazing...		8.00 Bangers & Cash					
121 SKY DOCS	‹ 5.40 What's My...	7.30 27: Gone Too Soon			9.00 Film: Amy			
FILMS - Sky Cinema								
301 PREMIERE	‹ 6.20 Smurfs		8.00 The Naked Gun			9.35 Prisoner of War		
302 FEEL GOOD	‹ 5.30 Jerry Maguire		8.00 Bridget Jones: Mad About the Boy					10.15 Yesterday
303 BUDDY FILMS	‹ 5.50 Ocean's Twelve		8.00 Ocean's Thirteen				10.05 Ocean's Eight	
304 GREATS	‹ 5.55 Jaws		8.00 Jaws 2				10.00 Jaws 3	
305 ANIMATION	7.00 Open Season 3		8.20 Fireheart				9.55 The Garfield Movie	
306 FAMILY	‹ 6.00 IF	7.50 Spy Kids				9.25 Zathura – A Space Adventure		
307 SPIDER-MAN	‹ 5.25 The Amazing Spider-Man	7.45 The Amazing Spider-Man 2					10.10 Spider-Man	
308 COMEDY	‹ 6.10 Mamma Mia!		8.00 Mamma Mia! Here We Go Again				9.55 It's Complicated	
309 THRILLER	‹ 6.00 Split		8.00 Inception					10.30 Nightcrawler
310 DRAMA	‹ 6.15 The Good Half		8.00 Elizabeth: The Golden Age				10.05 The Brutalist	
311 SCI-FI	‹ 5.15 2012		8.00 Blade Runner				10.00 Children of Men	
313 FILM4	‹ 6.10 Midway				9.00 Braveheart			
SPORT								
401 MAIN EVENT	‹ 5.00 SNF – Live (Kick-off 5.30)	7.45 SPFL – Live: Dundee United v Hearts (Kick-off 8.00)						10.30 Golf – Live
402 PREMIER LEAGUE	‹ 5.00 SNF – Live: Chelsea v West Ham United (Kick-off 5.30)			8.30 Transfer 360	9.00 PL Stories	9.30 Big Interview	10.00 Transfer 360	10.30 PL Highlights
403 FOOTBALL	‹ 5.20 Bundesliga...	7.30 SPFL – Live: Dundee United v Hearts (Kick-off 8.00)						10.30 EFL Highlights
405 CRICKET	‹ 3.30 International T20 Cricket – Live		8.00 Best of ICC...	8.30 Best of...	9.00 WPL			
410 TNT SPORTS 1	7.00 Premier League – Live: Liverpool v Newcastle United (Kick-off 8.00)							10.30 UEFA Europa...
411 TNT SPORTS 2	7.00 German Masters Snooker – Live: Further coverage from the sixth day of the tournament							10.30 T20 Cricket...

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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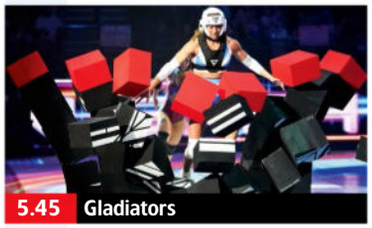
Saturday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With Thomasina Miers, Sophie Wyburd and Nathaniel Mortley. (S)
11.30 **Nadiya's Simple Spices** (S)(R)(AD)
12.00 NOON **Football Focus** (S)
12.45 PM **BBC News** (S)
1.00 **Bargain Hunt** (S)(R)(AD)
1.40 **Money for Nothing** (S)(R)
2.10 FILM **Shaun the Sheep Movie** Animated comedy adventure with the voice of Justin Fletcher. (S)(AD) (2015, U, 80min) ★★★★
3.30 **Asia** 3/7. How animals survive in the snow and ice. (S)(R)(AD)
4.30 **Final Score** Results round-up. (S)
5.25 **BBC News** (S)
5.35 **Local News** (S)
5.45 **Gladiators** New edition 3/11. Legend sparks controversy in a no-holds-barred Hang Tough. (S)


5.45 Gladiators

6 PM
6.45 **Michael McIntyre's Big Show** New edition 3/6. Frank Skinner takes part in Remember Me, Rob Rinder helps to surprise a member of the public in the Unexpected Star of the Show, and Michael takes his Wheel on Wheels van to a holiday park in Dorset. Plus, music from Cat Burns. (S)

7 PM
7.45 **The Weakest Link** New edition 10/12. Johnny Vegas, Fay Ripley, Chesney Hawkes, Sarah Greene, Minah Shannon, Emmanuel Sonubi, Ruth Davidson and Jamie MacDonald compete. (S)

8 PM
8.30 **Casualty** *Learning Curve – Part Four:* Siobhan struggles to pick up the pieces in the wake of her attack, and Dylan is unforgiving of Matty's mistakes. (S)(AD)

9 PM
9.20 **Waiting for the Out** New episode 5/6. As Dan's anxieties spiral, his actions threaten his future. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.05 **BBC News** (S)
10.25 **Match of the Day** Highlights of the latest Premier League matches, including Liverpool v Newcastle United and Leeds United v Arsenal. (S)
■ More tomorrow at 10.30pm
11.35 **The Football Interview** Kelly Somers chats to Liverpool and Germany star Florian Wirtz. (S)
11.50 FILM **Just Mercy** Fact-based drama starring Michael B Jordan and Jamie Foxx. A death row prisoner, with the help of a young civil rights defence attorney, appeals his murder conviction. (S) (2019, 15, 130min) ★★★★
2.00 AM **Weather for the Week Ahead**
2.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.40 AM **Children's Programmes**
9.00 **Gardeners' World** (S)(R)
10.05 **Homes Under the Hammer** (S)(R)
11.05 FILM **I Know Where I'm Going!** Powell and Pressburger romantic comedy starring Wendy Hiller. (S) (1945, b/w, U, 95min) ★★★★
12.40 PM FILM **A Matter of Life and Death** Powell and Pressburger fantasy starring David Niven. (S) (1946, U, 100min) ★★★★★
2.20 **Rick Stein's Australia** (S)(R)(AD)
3.20 FILM **The Man Who Would Be King** Director John Huston's adventure based on Rudyard Kipling's tale, starring Sean Connery and Michael Caine. (S) (1975, PG, 130min) ★★★★★
5.30 **Earth** 4/5. Chris Packham looks into the development of the planet's atmosphere. (S)(R)(AD)

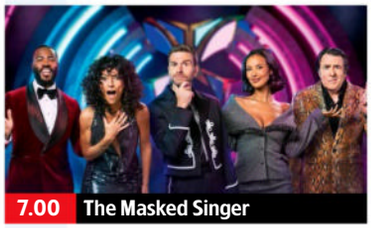
10.00 Phil Collins at the BBC

6.30 **Digging for Britain** Featuring the last Anglo-Saxon king of England Harold Godwinson's lost estate, a completely intact 4,000-year-old cremation vessel and an unprecedented Roman whetstone factory. (S)(R)(AD)
7.30 LIVE **Boxing** Adam Azim v Gustavo Lemos: Coverage of the super lightweight bout from Copper Box Arena in London. Azim comes into this clash with an undefeated record, winning all 14 of his previous fights, with 11 of those being knockout victories. However, his Argentine opponent is vastly more experienced in the professional ranks and enters with a record of 30 wins and two losses, and his 20 KO victories prove that he also boasts some punching power that Azim needs to be wary of. (S)
10.00 **Phil Collins at the BBC** Archive footage of the singer's performances on BBC programmes, including *You Can't Hurry Love, A Groovy Kind of Love, One More Night* and *Two Hearts*. (S)(R)
11.00 NEW **Phil Collins: Eras – In Conversation** The musician chats to Zoe Ball about his career. (S)
11.30 **Genesis: Old Grey Whistle Test** Annie Nightingale introduces a Genesis concert from 1980. (S)(R)
12.10 AM **TOTP2: Genesis** (S)(R)
12.55 **Sign Zone: The Night Manager** 5/6. Drama. (S2) (S)(R)(AD)
1.55 **Sign Zone: Industry** (S)(R)(AD)
2.55 **Sign Zone: Global Eye** (S)(R)
3.25 **to 6.25** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Deal or No Deal: Banker's Best Battles** (S)(R)
6.30 FILM **Shrek the Third** Animated comedy adventure sequel. (S)(AD) (2007, U, 110min) ★★★★
8.20 **Prue Leith's Cotswold Kitchen** New edition With Jo Wood. (S)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition With Francis Rossi. (S)
12.00 NOON **Ainsley's Taste of the Bahamas** New edition (S)
12.30 PM **ITV News** (S)
12.45 LIVE **Racing** From Sandown Park, Musselburgh and Leopardstown. (S)
4.00 **Millionaire Hot Seat** Quiz. (S)(R)
4.30 **Ant & Dec's Limitless Win** Married couple Ricky and Manisha take on the Limitless Ladder. (S)(R)(AD)
5.30 **ITV News** (S)
5.45 **Local News** (S)


7.00 The Masked Singer

6.00 **Wheel of Fortune** New edition Graham Norton hosts the game show as teacher Orla, development manager Kelly and events duty officer Ben compete to win big money prizes. (S)(AD)
7.00 **The Masked Singer** New edition 6/8. Joel Dommett invites panellists Jonathan Ross, Davina McCall, Mo Gilligan and Maya Jama to try to deduce the identities of the six remaining singers competing to remain anonymous. At the end of the show, there will be a double elimination and two celebrities will be unmasked. (S)(AD)
8.30 **The 1% Club** New edition Quiz hosted by Lee Mack in which the questions are about logic and common sense, with 100 contestants having a chance of winning up to £100,000. (S)(AD)
9.30 **ITV News** (S)
9.45 FILM **Taken 2** Action thriller sequel starring Liam Neeson and Maggie Grace. An ex-CIA agent and his family are targeted by a vengeful Albanian gang during a trip to Istanbul. With Famke Janssen and Rade Sherbedgia. (S)(AD) (2012, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.20 **English Football League Highlights** Action from today's EFL matches, including Middlesbrough v Norwich City. (S)
12.50 AM **Teleshopping**
3.00 **Devil in Disguise: John Wayne Gacy** 1/8. Fact-based drama starring Michael Chernus and Gabriel Luna. (S1) (S)(SL)(R)(AD)
4.00 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Wheel of Fortune** (R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.15 AM **The King of Queens** 10-12/25. Triple bill. (S2) (S)(R)(AD)
7.30 **Everybody Loves Raymond** 18-20/25. (S2) (S)(R)(AD)
8.45 **Frasier** 1-3/25. (S11) (S)(R)(AD)
10.10 **The Simpsons** (S)(R)(AD)
12.05 PM **Come Dine with Me: The Professionals** (S)(R)
1.05 **Four in a Bed** (S)(R)
3.40 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)(AD)
4.45 **New Zealand's Best Homes with Phil Spencer** Series finale 6/6. Phil explores three homes that have been inspired by their environment, whether that's to mimic it, work with it, or protect against it. (S)(AD)
5.50 **Location, Location, Location** Kirstie and Phil go house-hunting in Surrey and the Royal Borough of Kingston upon Thames. (S)(R)

9.30 Cocaine Bear

6.45 **News** (S)
7.15 FILM **Independence Day: Resurgence** Sci-fi adventure starring Jeff Goldblum, Liam Hemsworth and Bill Pullman. Two decades after the world was saved from an alien attack, a second even deadlier invasion begins. (S) (AD) (2016, 12, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
9.30 FILM **Cocaine Bear** Director Elizabeth Banks's comedy thriller based on true events, starring Keri Russell, Alden Ehrenreich, O'Shea Jackson Jr and Ray Liotta. An oddball group of cops, criminals, tourists and teens encounter a bear that goes on a murderous rampage after ingesting cocaine. (S)(AD) (2023, 15, 115min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.25 FILM **Transporter 3** Action thriller sequel starring Jason Statham. (S)(AD) (2008, 15, 110min) ★★★
1.15 AM **Ramsay's Hotel Hell** From Washington. (S)(SL)(R)(AD)
2.05 **Couples Come Dine with Me** (R)
3.00 **Kirstie and Phil's Love It or List It** From Grantham. (S)(SL)(R)(AD)
3.55 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)(AD)
4.20 **to 6.00** AM **The Simpsons** (S)(R)

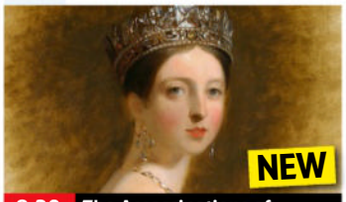
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.05 **Ben Fogle: New Lives in the Wild** From Montana. (S)(R)
9.55 **Tales from the Riverbank with Clare Balding** (S)(R)
11.55 **Dogs Behaving (Very) Badly** Double bill of editions. (S)(R)
1.55 PM **NEW SERIES Catching Up with the Royals with Rev Richard Coles** The latest news about the Royal Family. (S)
2.55 **Our Yorkshire Farm** The family gather the sheep from the moors for shearing. (S)(R) **3.50** The Owens fear they will not have enough animal feed to get through the winter. (S)(R) **4.55** Raven prepares to leave the farm for university. (S)(R)
5.55 **News** (S)



8.30 The Assassinations of...

6.00 **Dad's Army: 60 Years of Laughs** A celebration of the catchphrases and hilarious stunts of the wartime comedy by Jimmy Perry and David Croft, going behind the scenes to discover what happened off camera. (S)(R)

7.30 **Secrets of the Royal Traditions** New edition A look at the State Opening of Parliament, giving an account of the shocking events that led to the tradition of the ceremony of the Black Rod coming about. (S)

8.30 **NEW The Assassinations of Queen Victoria** Documentary examining eight separate attempts on the monarch's life during her 63-year reign – a story of danger, defiance and the unexpected threats lurking behind royal pageantry. (S)

10.00 **Most Shocking Celebrity Moments** Tamzin Outhwaite narrates a selection of incidents involving musicians, including lessons in etiquette from Grace Jones and the scoop on Beyoncés sister Solange taking on Jay-Z. (S)(R)

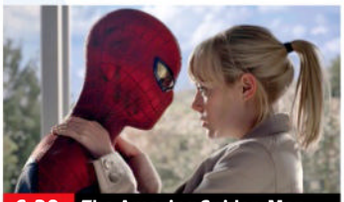
12.00 M'T **Street Cops: Catching the Yobs** Documentary. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Friends** (S10) (S)(R)(AD)
3.50 **Rich House, Poor House** (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Big Cat Country** (S)(R)
8.00 **The Simpsons** (S)(R)
10.00 **Football's Funniest Moments** A look at comical incidents from the beautiful game over the last few years, with contributions from pundits including Gary Neville and Chris Kamara. (S)(R)(AD)
12.00 NOON **Gillette Labs Soccer Saturday: Build-Up**
3.00 PM **Gillette Labs Soccer Saturday** The latest news from this afternoon's matches.
5.00 **Landscape Artist of the Year** The third heat takes place in the Port of Dover, where host Stephen Mangan is joined by judges Tai Shan Schierenberg, Kathleen Soriano and Eva Langret. (S)(R)(AD)



6.30 The Amazing Spider-Man

6.00 **The Simpsons** *Dead Putting Society:* Bart enters a junior golf tournament. (S)(R)

6.30 **FILM The Amazing Spider-Man** Fantasy adventure starring Andrew Garfield and Emma Stone. A nerdy New York teenager becomes a vigilante crime-fighter after a bite from a genetically modified spider gives him special powers. With Rhys Ifans and Denis Leary. (S) (2012, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9.00 **FILM The Bourne Ultimatum** Spy thriller sequel based on the novel by Robert Ludlum, starring Matt Damon. Former CIA assassin Jason Bourne strives to outsmart cops, killers and his former bosses in his quest to discover his true identity. With Julia Stiles and David Strathairn. (S) (2007, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.10 **Never Mind the Buzzcocks** Alex James, Julian Clary, Sister Bliss and stand-in captain Mel B join the regulars for a 1990s special. (S)(R)(AD)
12.10 AM **The Office (US)** 2-5/6. Four episodes. (S1) (S)(R)
2.05 **The Force: North East** (S)(R)
3.00 **Brit Cops: Rapid Response** (R)
4.00 **to 6.00** AM **Nothing to Declare** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
4.30-5.25pm Sportscene: Open All Mics (S) **11.35** Sportscene: Premiership Highlights (S)(R) **12.35am** The Football Interview (S) **12.50** Weather for the Week Ahead (S) **12.55-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
6.30pm Weatherman Walking (S)(R) **7.00-7.30pm** SOS: Extreme Rescues (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Dreigiau Cadi **10.15** Stori'r Iaith **11.20** Gwladfa: Gwilym Bowen Rhys **11.50** Ffermio **12.25pm** Llond Bol O Sbaen **1.30** Am Dro! **2.30** Alun, Chris a Kiri yn Seland Newydd **3.30** Priodas Pum Mil **4.30** Colleen Ramsey: Bywyd a Bwyd **5.00 LIVE** Sgorio: Caernarfon Town v Colwyn Bay. **7.20** Newyddion a Chwaraeon **7.30 LIVE** Clwb Rygbi: Ospreys v Dragons. **9.50** Ffa Coffi Pawb! **10.55pm-12.00m't** Geraint Thomas: y Daith

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *A Good Man Goes to War:* 7/14. The Doctor gathers his allies for a rescue mission. **7.50** *Let's Kill Hitler:* 8/14. The Time Lord's search for Melody Pond takes him to 1930s Berlin. (S6)
8.35 **Gavin & Stacey** 5/6. The bride-to-be goes on a hen party, while Gavin embarks on two stag nights. **9.05** 6/6. The day of the wedding arrives, and Nessa debates whether or not to share her big secret. (S1)
9.35 **Mrs Brown's Boys** 5/6. Dermot gets cold feet in the run-up to his wedding. **10.05** 6/6. Newlyweds Dermot and Maria argue over whether they should buy their own home. (S1)
10.35 **Things You Should Have Done** 4/6. Chi breaks into Ramsgate College. (S2)
11.00 **Things You Should Have Done** 5&6/6. (S2)
12.00 M'T **Amandaland** (S1)
3.00 **to 4.00** AM **Gavin & Stacey**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Meet the Ancestors** A lead sarcophagus found in a Roman cemetery.
7.30 **Britain's Wild Places: Ravens Return** A look at the life of ravens inhabiting Newborough Forest, Anglesey.
7.40 **The Good Old Days** With Les Dawson, Lorna Luft, Bill Drysdale and Stephanie Vos.
8.30 **Hetty Wainthropp Investigates** *A High Profile:* The elderly sleuth is hired to find a woman's missing son.
9.20 **Blackshore** 5/6. Fia takes the law into her own hands to uncover the truth. **10.10** 6/6. Fia struggles to find the evidence she needs to solve the case, but a final twist brings her investigation closer to home. (S1)
■ Entire series on BBC iPlayer
11.00 **FILM PREMIERE Afire** German comedy drama with Thomas Schubert. Subtitled. (2023, 12, 100min) ★★★★
12.40 AM **Parkinson**
1.40 **Yes, Prime Minister**
2.40 **to 3.30** AM **Hetty Wainthropp Investigates**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
11.35 **A Place in the Sun**
2.40 PM **Come Dine with Me** Five editions of the contest from in and around Cumbria.
5.25 **Four in a Bed** The contest gets under way at the Butterchurn Guesthouse in Otterburn, Northumberland. **5.55** The second visit of the week is at the Hillside Hotel in Dunbar, East Lothian. **6.25** The third visit of the week is to Bella Vista Lodge in Blackpool.
6.55 **Four in a Bed** The final visit is to North Star Sanctum in Fitling, East Yorkshire. **7.25** Payment Day arrives.
8.00 **24 Hours in A&E** Patients include 84-year-old Neil who has fallen down the stairs at home, and his wife Jenny reflects on the shock of realising that their life may never be the same again.
9.00 **24 Hours in A&E** Focusing on the stories of two motorcyclists, which reveal how the bonds between loved ones can be strengthened through adversity.
10.00 **24 Hours in A&E** A 24-year-old is rushed to St George's after being injured in a football match.
11.05 **999: On the Front Line**
1.15 AM **24 Hours in A&E**
3.25 **to 3.50** AM **Supermarkets Unwrapped: The Vegan Aisle**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Lego Masters Australia**
7.10 **Rude(ish) Tube Shorts**
7.30 **Don't Tell the Bride**
8.30 **Modern Family**
9.30 **Ramsay's Kitchen Nightmares USA**
1.30 PM **The Simpsons** Eleven episodes, including at: **6.00** *Chief of Hearts:* Homer strikes up an unlikely friendship with Chief Wiggum. **6.30** *Postcards from the Wedge:* A scheming Bart attempts to play his parents off against each other.
7.00 **FILM Sister Act** Comedy starring Whoopi Goldberg as a nightclub singer who is forced to take sanctuary in a convent after witnessing a gangland murder. Coerced into joining the convent's tone-deaf choir, the chanteuse soon has the nuns swinging along to godly versions of 1960s soul classics. With Maggie Smith. (1992, PG, 102min) ★★★★
9.00 **Celebrity Gogglebox** Famous faces review *Is It Cake, Too?, Hijack* and *Steph's Packed Lunch.*
10.00 **Gogglebox** Opinions on *Emmerdale, Asia* and *The Great British Bake Off.*
11.05 **Gogglebox**
12.05 AM **First Dates**
2.10 **Gogglebox**
4.00 **Don't Spook the Bride**
4.50 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Saturday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Border Security: America's Front Line**
8.00 **UK Border Force**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Brit Cops: Rapid Response**
12.00 NOON **Caught Red Handed** How a police officer's intuition stopped an escaped convict. **12.40** PM A burglar who committed crimes in disguises. **1.20** A pensioner's reaction is to a mugger surprises himself.
2.00 **Police 24/7** Triple bill.
5.00 **Nothing to Declare**

9.00 Law & Order: Criminal...

7 PM 7.00 **Nothing to Declare** A student is caught with undeclared cash bundles. **7.30** A suspect undergoes an ultrasound.

8 PM 8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM 9.00 **Law & Order: Criminal Intent** *Ten Count:* 18/22. A boxer celebrating a victory is killed while trying to stop a bar brawl. (S7)

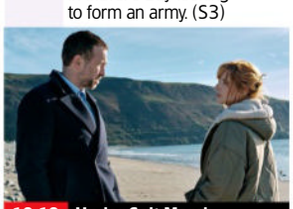
10 PM 10.00 **Blue Bloods** *Entitlement:* 17/18. Eddie and Badillo assist a man whose home was taken over by Jamie's informant. (S14)
11.00 **Law & Order: Special Victims Unit** 4/22. A romantic date ends in the hospital. (S26)
12.00 M'T **Law & Order: Criminal Intent** 13&14/22. (S7)
2.00 AM **Road Wars** Double bill.
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **Game of Thrones** (S2)
1.20 PM **Game of Thrones** Six episodes, including at: **3.35** 8/10. Robb Stark learns that he has been betrayed by one of his closest friends, and Arya calls in a debt. **4.40** 9/10. Tyrion defends King's Landing against Stannis Baratheon's naval assault. **5.45** 10/10. Theon Greyjoy stirs his men into action. (S2) **6.50** 1/10. Daenerys arrives in Slaver's Bay looking to form an army. (S3)


10.10 Under Salt Marsh

7.55 **Game of Thrones** *Dark Wings, Dark Words:* 2/10. Jaime finds a way to pass the time, and Arya encounters outlaw group the Brotherhood Without Banners. (S3)

9.00 **True Detective: Night Country** 1/6. Eight men from an Arctic research station in Alaska vanish without a trace. (S4)

10.10 **Under Salt Marsh** 1/6. A teacher who used to be a detective makes a discovery that reopens a cold case. (S1)
11.15 **Under Salt Marsh** 2/6. (S1)
12.20 AM **Euphoria** 7/10. Jules pays an old friend a visit. **1.30** 8/10. Rue questions whether her relationship with Jules will last. (S1)
2.45 **Game of Thrones** (S3)
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Highway Patrol**
8.00 **Hawaii Five-0** (S9)
11.00 **SEAL Team** Five episodes of the drama, including at: **3.00** PM 8/10. The team make a shocking discovery at Nazario's camp. (S7)
4.00 **Stargate Universe** 11/20. Colonel Young makes a shocking discovery. **5.00** 12/20. Rush suspects a tracking device has been planted on the *Destiny*. **6.00** 13/20. The crew discover an idyllic planet. (S1)

9.00 Rob & Romesh vs Team GB

7.00 **Stargate Universe** *Human:* 14/20. Lt Scott, Eli, Chloe and Greer explore a planet's underground ruins.

8.00 **Stargate Universe** *Lost:* 15/20. Greer is trapped in rubble and left for dead on a desolate planet. (S1)

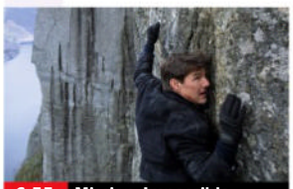
9.00 **Rob & Romesh vs Team GB: Winter Special** Rob Beckett and Romesh Ranganathan try their hands at winter sports.

10.00 **Rob & Romesh vs Team GB: Winter Special** The duo head to the World Curling Championships in Fredericton, Canada.
11.00 **Peacemaker** 7/8. Harcourt, Murn, and Adebayo are surrounded by an alien force. **12.00** M'T 8/8. The team must kill the cow before the aliens can finish its teleportation. (S1)
1.00 AM **The Force: Manchester**
2.00 **Brit Cops: Rapid Response**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Buying the View**
7.55 **The Only Way Is Essex**
10.55 **Deal or No Deal**
1.50 PM **The Floor**
2.50 **Ant & Dec's Limitless Win**
3.50 **Celebrity Catchphrase** With Roisin Conaty, Sunetra Sarker and Rickie Haywood-Williams.
4.50 **FILM Matilda** Roald Dahl's fantasy starring Danny DeVito. The bright young daughter of selfish parents discovers she possesses magical gifts. (1996, PG, 98min) ★★★★


6.55 Mission: Impossible...

6.55 **FILM Mission: Impossible – Fallout** Action thriller sequel starring Tom Cruise and Henry Cavill. Ethan Hunt, the IMF team and a CIA assassin try to prevent a disaster caused by a group of terrorists. With Ving Rhames, Rebecca Ferguson and Simon Pegg. (2018, 12, 147min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Love Island: All Stars: Unseen Bits** New edition Maya Jama reviews highlights from the last seven days in the villa.
11.05 **Family Guy** 18&13/20. (S16)
12.05 AM **American Dad!** (S20&13)
1.05 **Olivia Attwood: Getting Filthy Rich** Olivia meets content creators causing outrage to gain subscribers.
2.05 **Transaction** 4/6. (S1)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Inspector Morse**
10.25 **FILM Carry On at Your Convenience** Farcical comedy starring Sid James. (1971, PG, 90min) ★★★
12.10 PM **Rosemary & Thyme**
2.10 **Midsomer Murders** *Garden of Death:* Barnaby investigates a murder in a memorial garden. **4.10** *Destroying Angel:* A dog discovers the severed hand of a missing hotelier. **6.10** *Who Killed Cock Robin?* Barnaby encounters a long-standing adversary.

12.10 Rosemary & Thyme

Midsomer Murders (started at 6.10pm)

8.05 **Midsomer Murders** *Market for Murder:* A prominent villager is battered to death with a walking stick, and suspicion soon falls on the members of her highly unusual reading club. Guest stars Anton Rodgers and Angela Thorne.

10.05 **Vera** *Tuesday's Child:* The detective investigates the discovery of a homeless young man's body in an area notorious for illicit teenage gatherings, and tries to discover how he ended up on the streets.
11.55 **Lewis** *The Lions of Nemea:* A young astrophysics professor is suspected in his student lover's murder.
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** The latest top-flight action, including Kilmarnock v Aberdeen.
8.15 **Icons of Football** The career of former Dundee United and Scotland striker Paul Sturrock.
8.45 **Sacked in the Morning** With Tony Cottee.
9.00 **The Chief** 3/4. Miekelson is promised a bigger budget. **9.30** 4/4. A routine background check sparks rumours about Miekelson's past. (S2)
10.00 **FILM The Road Dance** Period drama starring Hermione Corfield. (2021, 15, 106min) ★★★
11.55 PM **to 12.00** M'T **Tune** Zoe Graham explores Glasgow's tallest listed building.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
10.30 **Ballers** 1-4/10. (S1)
12.55 PM **Sex and the City**
4.00 **Community** (S4)
6.30 **The Office (US)** 6/6. A beautiful woman causes a stir. (S1) **7.00** 1/22. The staff members endure an awards banquet. (S2) **7.30** 2/22. The team receive a lesson in sexual harassment. **8.00** 3/22. Jim and Pam arrange an 'Office Olympics'. **8.30** 4/22. A kitchen fire forces the employees out of the office. (S2)
9.00 **James Acaster: Hecklers Welcome** A stand-up special.
10.30 **Saturday Night Live**
12.00 M'T **FILM The Accidental Husband** Romantic comedy starring Uma Thurman. (2008, 12, 86min) ★
1.45 AM **And Just Like That...**
4.20 **to 5.00** AM **Entourage**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **English National Ballet in Paris**
7.15 **Lang Lang: My Favourite Melodies**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Discovering**
1.30 **Becoming Marilyn**
2.40 **FILM The Misfits** Western. (1961, b/w, PG, 123min) ★★★★★
5.00 **Landscape Artist of the Year** From Dover.
6.00 **Cliff Richard and the Shadows: The Final Reunion** From 2009.
8.50 **The Eagles: Live from the LA Forum**
11.45 **FILM The Good, the Bad and the Ugly** Western. (1966, 15, 155min) ★★★★★
3.05 AM **Isle of Wight Festival 2025**
4.00 **Johnson & Knopfler's Music Legends**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: Canada's Front Line**
10.00 **Nothing to Declare**
2.00 PM **Caught on Dashcam**
4.00 **Africa's Hunters**
5.00 **Patrick Aryee's Wild World** Double bill.
7.00 **Dogs: An Amazing Animal Family** Patrick Aryee explores the canine family tree.
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.
9.00 **FILM The Jack Bull** Western starring John Cusack. A rancher takes the law into his own hands and begins a dogged crusade for justice. With LQ Jones and John Goodman. (1999, 15, 120min) ★★★
11.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **In with a Shout** Game show hosted by Joel Dommett.
4.00 **Time Is Money** Sara Davies hosts the quick-fire quiz show.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **In with a Shout** The Wilds from Edinburgh and the Slaters from Rochdale try to answer questions, the correct responses to which are hidden within a montage of moving images. Hosted by Joel Dommett.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.50 AM **Tenable**
1.45 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Come Dine with Me**
11.30 **Kirstie and Phil's Love It or List It: Brilliant Builds**
12.00 NOON **Kirstie and Phil's Love It or List It**
1.00 PM **George Clarke's Amazing Spaces**
2.00 **Location, Location, Location** Property show.
3.00 **A Place in the Sun**
8.00 **Lorraine Kelly's Norwegian Odyssey**
9.00 **24 Hours in Police Custody: Burying Horror** Documentary.
10.05 **FILM The Inbetweeners 2** Comedy sequel starring Simon Bird, James Buckley, Joe Thomas and Blake Harrison. (2014, 15, 92min) ★★
12.00 M'T **Gogglebox**
1.00 AM **Celebrity Gogglebox**
2.00 **Taskmasterclass**
3.05 **8 Out of 10 Cats Does Countdown**
4.05 **to 5.00** AM **David Baddiel: Cat Man**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Football Rivalries**
6.20 **The Big Match Revisited**
8.20 **The Sweeney**
9.30 **Racing: The Opening Show**
10.35 **The Big Match Revisited**
11.30 **World of Sport**
11.50 **The Casebook of Sherlock Holmes** Mystery drama.
1.00 PM **LIVE Darts: The World Masters** The afternoon session on day three from Arena MK in Milton Keynes.
5.00 **American Pickers** Mike and Frank find a dinosaur bone. **6.00** An electronic peacock.

9.30 Racing: The Opening Show

7.00 **LIVE Darts: The World Masters** Coverage of the evening session on day three from Arena MK in Milton Keynes, featuring four second round matches played over the best of seven sets. Luke Littler raced to a 4-0 victory over James Wade at this stage 12 months ago without even dropping a leg, while Dimitri Van den Bergh eventually triumphed 4-3 in a back-and-forth encounter against Michael van Gerwen.
11.00 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
1.00 AM **The Sweeney** *Golden Boy:* Regan tackles heavyweight smugglers.
2.00 **The Protectors**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM Jurassic Attack** Sci-fi action adventure Corin Nemec. (2013, 15, 83min) ★★
1.00 PM **Star Trek: The Next Generation** Five episodes of the sci-fi drama, including at: **4.00** 14/26. The crew members suffer from amnesia. **5.00** 15/26. Data and Troi are possessed by alien spirits. (S5)
6.00 **Star Trek: Voyager** 4/16. Paris and Janeway investigate an explosion. (S1)

11.00 The Tomorrow Job

7.00 **Star Trek: Voyager** *Phage:* 5/16. The crew search for dilithium crystals and encounter a race that steals organs.
8.00 **Star Trek: Voyager** *The Cloud:* 6/16. The ship becomes ensnared in a cloud, which turns out to be an organic life form.
9.00 **Star Trek: Voyager** *Eye of the Needle:* 7/16. The crew discover a wormhole and make contact with the Alpha Quadrant.
10.00 **Star Trek: Voyager** *Ex Post Facto:* 8/16. Tom Paris is found guilty of murder by the courts of an unknown planet. (S1)
11.00 **FILM The Tomorrow Job** Sci-fi adventure starring Grant Schumacher and Caitlin Duffy. (2023, 15, 105min) ★★
1.00 AM **FILM Oldboy** South Korean thriller. Subtitled. (2003, 18, 90min) ★★★★
3.00 **Fact or Faked: Paranormal Files** A feline ghost.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
10.00 **The Doctor Blake Mysteries**
12.00 NOON **Inspector George Gently** *Breathe in the Air.*
2.00 PM **Father Brown** Four episodes, including at: **5.00** *The Numbers of the Beast:* The priest walks in on a man standing over the body of his dead wife.
6.00 **Shakespeare & Hathaway: Private Investigators** 7/10. A workplace compensation claim is not as straightforward as it originally seems. (S1)

7.00 Shakespeare & Hathaway

7.00 **Shakespeare & Hathaway: Private Investigators** 8/10. Frank and Lu struggle to protect a troubled teenager. (S1)
8.00 **Death in Paradise** *Erupting in Murder:* 1/8. Humphrey investigates the death of a scientist studying a volcano. (S6)
9.00 **Father Brown** *Jackdaw's Revenge:* The priest must protect those closest to him when an old foe is released from prison.
10.00 **Death in Paradise** *Flames of Love:* 8/8. A student backpacker is found dead with a gun in her hand. (S5)
11.00 **Dark Winds** 8/8. Leaphorn and Chee call upon all their resources to solve the case and serve justice after learning the identity of the killer. (S3)
12.00 M'T **Father Brown**
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Only Fools and Horses**
1.00 PM **Only Fools and Horses** As shown at 9.15pm. **2.10** Del Boy buys a new manual to show him how to make positive decisions. **3.30** Del Boy becomes a yuppie, while Rodney begins attending a computer course at night school, where he meets Cassandra. **4.35** Dodgy dealer Del gets his hands on a consignment of self-inflating rubber dolls. **5.40** A retired jeweller offers Del Boy the deal of a lifetime.

10.25 This Time with Alan...

6.50 **Only Fools and Horses** Rodney wins a holiday to Majorca, but cannot understand why the trip is for three people.
8.00 **Only Fools and Horses** Del's beloved mother apparently makes contact during a seance at the Nag's Head, inspiring him to visit the doctor.
9.15 **Only Fools and Horses** Rodney ties the knot with Cassandra, while best man Del Boy tries to dodge a bashing from the dreaded Driscoll brothers.
10.25 **This Time with Alan Partridge** A new make-up artist puts a spring in Alan's step.
11.00 **This Time with Alan Partridge** Alan embarks on a SAS training mission.
11.40 **This Time with Alan Partridge** Double bill.
1.00 AM **Only Fools and Horses**
3.20 **to 4.00** AM **This Time with Alan Partridge**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Big Zuu's Big Eats**
8.00 **Hairy Bikers' Best of British**
9.00 **Rick Stein's Road to Mexico**
10.00 **Top Gear** Double bill.
12.00 NOON **World's Most Dangerous Roads**
2.00 PM **Guy Martin: Proper Jobs**
3.00 **Would I Lie to You?** Six editions, including at: **5.40** With Warwick Davis, Paul Hollywood, Jason Manford and Joan Bakewell. **6.20** Dermot O'Leary, Mel Giedroyc, Matt Dawson and Josh Widdicombe take part.

12.00 World's Most Dangerous...

7.00 **Gavin & Stacey** The newlyweds begin leading separate lives. **7.40** The newlyweds are forced to put aside their differences to find Smithy.
8.20 **Would I Lie to You?** With Chris Hoy, Ronni Ancona, Danny Wallace and Gabby Logan.
9.00 **Not Going Out** Lee gets into trouble with Mollie's new head teacher. **9.35** Lee wakes up inside a coffin and is unable to recall how he got there. **10.15** The family go for a ride on a vintage steam train for Lucy's birthday.
10.55 **Would I Lie to You?** With Bob Mortimer, Patsy Kensit, Greg Davies and Richard Osman.
11.35 **Would I Lie to You?** Double bill of the comedy panel show.
12.55 AM **Gavin & Stacey**
2.20 **to 4.00** AM **Dave Gorman: Modern Life Is Goodish**

+1 hour 211/212 327 74 259

Saturday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Documentary.
9.20 **Blue Bloods** (S6)
2.05 PM **NCIS** Seven episodes, including at: **6.00** *Hiatus – Part One:* 23/24. Gibbs is seriously injured in an explosion. **7.00** *Hiatus – Part Two:* 24/24. Gibbs emerges from his coma with amnesia. (S3) **8.00** *Shalom:* 1/24. Ziva witnesses an assassination. (S4)
9.00 **Instinct** *Broken Record:* 2/11. Dylan and Lizzie investigate the murder of a musician at an amusement park. (S2)
10.00 **Law & Order: Special Victims Unit** *Something Happened:* 7/24. Benson shares personal secrets with a rape victim. (S19)
11.00 **Law & Order: Special Victims Unit** (S19&18)
1.45 AM **Murder, She Wrote**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S10)
10.00 **Shoplifters: Caught Red Handed** Triple bill.
1.00 PM **Nightmare Tenants, Slum Landlords**
4.00 **Extreme Nightmare Tenants** Double bill.
6.00 **Call the Bailiffs: Time to Pay Up** Agents Lewis and Alex chase high-value debts. **7.00** A high court enforcement agent is after payment of a large debt for damages. **8.00** Agents Mark and Sam are tracking down a builder's merchant.
9.00 **FILM Runaway Bride** Romantic comedy with Julia Roberts and Richard Gere. (1999, PG, 116min) ★★★
11.20 **Accused** 3&5/15. (S1)
1.20 AM **A Killer Makes a Call** Raoul Moat.
2.00 **Murdered at First Sight**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **The Motorway**
12.00 NOON **Motorway Cops: Catching Britain's Speeders** Five editions of the series, including at: **2.00** PM PCs Matt Turner and Rich Woodward are on the tail of an uninsured vehicle. **3.00** PCs Matt Turner and Ian Cosgrove go to the scene of a collision. **4.00** PC Niaz Waddington attempts to catch a vehicle with cloned plates.
5.00 **FILM Chief Crazy Horse** Western. (1955, PG, 88min) ★★
6.55 **FILM Rough Night in Jericho** Western starring Dean Martin. (1967, PG, 97min) ★★
9.00 **FILM Bloodsport** Action thriller with Jean-Claude Van Damme. (1987, 18, 92min) ★★
10.55 **Banged Up Abroad**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **999 Rescue Squad**
7.00 **Pete Wicks: For Dogs' Sake** Pete helps to rehabilitate a group of ex-racing greyhounds.
8.00 **One Born Every Minute** A baby is born with a potentially life-threatening condition. **9.00** A Christian couple put their faith in God as well as the staff when things do not go to plan.
10.00 **The Supervet: Noel Fitzpatrick** A Marbella-based French bulldog is flown in for treatment.
11.00 **The Supervet: Safari Special** Documentary.
12.00 M'T **Louis Theroux: Law & Disorder in Philadelphia**
1.30 **Michael McIntyre's The Wheel** With Rachel Riley.
2.30 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
8.45 **Lovejoy**
11.45 **Father Brown**
12.45 PM **New Tricks**
3.00 **Jonathan Creek**
4.20 **Birds of a Feather**
5.00 **Art Detectives**
7.00 **The Brokenwood Mysteries** 4/6. (S8)
9.00 **Whitechapel** 2/3. Chandler and Miles continue their efforts to track down the killer. (S2)
10.00 **Catch Me a Killer** *The ABC Killer:* 4/11. Micki arrives in Atteridgeville, where the bodies of 15 women were found. **11.00** *Donnybrook:* 5/11. Micki is summoned to Donnybrook to help the police get a confession out of a suspect. (S1)
12.00 M'T **The Inspector Lynley Mysteries**
2.00 AM **New Tricks**
3.00 **to 4.00** AM **Ladies in Black**

+1 hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **Flipping Bangers**
11.00 **'Allo 'Allo!**
3.00 PM **Canal Boat Diaries**
6.00 **Robson Green: World's Most Amazing Walks** The actor sets out on the Camino de Santiago. **7.00** Robson explores the legendary Trail of the Eagles' Nest in Poland.
8.00 **Bangers & Cash** Paul collects an old navy ambulance that has served its time as a holiday camper. **9.00** Dave travels to Bedale to extract a barn find – a 1984 Manta GTE. **10.00** Derek and Paul are off to Leeds to pick up a VW Cabriolet. **11.00** A sports car has been fooling the punters and intriguing Derek. **12.00** M'T Paul and Jack pick up a Morris Minor.
1.00 **to 3.00** AM **'Allo 'Allo!**

+1 hour 255 329

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** *Benidorm* star Sherrie Hewson look for a holiday home in Spain.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Triple bill.
1.00 PM **Antiques Road Trip**
6.00 **Money for Nothing** A dining table and three chairs are revamped. **7.00** Transforming a tired rocking chair. **8.00** New uses for an unwanted tape player.
9.00 **My Lottery Dream Home** Double bill.
10.00 **Celebrity IOU** New edition Olympic snowboarder Shaun White surprises his best friend with a renovation of his new home.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Little House on the Prairie** (S5&6)
1.00 PM **Little House on the Prairie** Eight episodes of the drama, including at: **6.00** *The Return of Mr Edwards:* 8/24. Charlie and Laura help a friend. **7.00** *The King Is Dead:* 9/24. A pair of con artists cheat the residents. **8.00** *The Faith Healer:* 10/24. A faith healer arrives in town. (S6)
9.00 FILM **Anna and the King** Romance starring Jodie Foster and Chow Yun-Fat. A widowed woman travels to Siam in 1862 to teach English to the King's children. (1999, 12, 145min) ★★★★
12.00 M'T **Rumpole of the Bailey** 5&6/6. (S2)
2.00 AM **Little House on the Prairie** 12/24. (S6)
3.00 **to 5.00** AM **Highway to Heaven**

+1hour 257

Great! Action

323 319 426 42 33

9.10 AM **The High Chaparral**
10.20 FILM **Fort Ti** Western. (1953, U, 73min) ★★
12.05 PM FILM **Union Pacific** Western drama. (1939, b/w, PG, 135min) ★★
3.00 FILM **Terror in a Texas Town** Western starring Sterling Hayden. (1958, b/w, PG, 81min) ★★★
4.50 FILM **The Indian Fighter** Western adventure starring Kirk Douglas. (1955, PG, 88min) ★★★
6.45 FILM **Barquero** Western starring Lee Van Cleef and Warren Oates. (1969, PG, 114min) ★
9.00 FILM **Shadow Man** Espionage thriller starring Steven Seagal. (2006, 15, 92min) ★
11.00 FILM **Machete** Thriller starring Danny Trejo and Robert De Niro. (2010, 18, 104min) ★★★
1.20 AM **The Persuaders!**
4.00 **to 5.50** AM **Cops Uncut**

+1hour 324

Great! Mystery

321 318 425 50 48

8.00 AM **Police Ten 7**
8.30 **Diagnosis Murder**
9.30 FILM **Newlywed and Dead** (2019, PG) ★★
11.25 FILM **Silent Witness** Drama. (2019, PG) ★★
1.20 PM FILM **Mystery 101: Dead Talk** Thriller. (2019, PG, 88min) ★★
3.15 FILM **Countdown to Murder** (2019, PG) ★★
5.10 **Hailey Dean Mysteries**
7.05 FILM **Poisoned in Paradise** Crime thriller. (2021, PG, 84min) ★★
9.00 FILM **Death by Design** Crime drama. (2019, PG, 84min) ★★
10.55 FILM **The Deadly Room** Drama. (2015, PG) ★★
12.50 AM FILM **Nightmare Neighbourhood Moms** Thriller. (2022, 12) ★★
2.30 FILM **The House on the Hill** Mystery thriller. (2019, 12, 90min) ★★
4.05 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1hour 322

Great! Romance

319 317 424 52 47

8.10 AM FILM **Baking Up Love** As 3.00am.
10.10 FILM **Truly, Madly, Sweetly** (2018, PG) ★★
12.00 NOON FILM **Butlers in Love** (2022, PG) ★★
1.55 PM FILM **A Royal Recipe for Love** Drama. (2023, PG, 89min) ★★
3.55 FILM **A Royal Runaway Romance** Comedy. (2022, PG, 84min) ★★
5.45 FILM **A Winter Princess** Drama. (2019, PG) ★★
7.35 FILM **The Royal Bake Off** Romantic comedy. (2023, PG, 90min) ★★
9.35 FILM **A Perfect Match** Romantic drama. (2021, PG, 84min) ★★
11.25 FILM **When Love Came to Town** Comedy. (2014, PG, 90min) ★★
1.25 AM FILM **A Winter Princess** As 5.45pm.
3.00 **to 5.00** AM FILM **Baking Up Love** Drama. (2021, PG, 90min) ★★

+1hour 320

Rewind TV

182 81 141

6.00 AM **Sherlock Holmes**
7.30 **That's My Dog**
8.00 **The Lovers** (S1)
9.30 **The Fenn Street Gang**
11.00 **Boon** 11/13. (S2)
12.00 NOON **The Prime of Miss Jean Brodie** (S1)
1.00 PM **Lady Killers**
2.00 **The Champions**
3.00 **That's My Dog**
3.30 **The Dustbinmen** (S3)
5.00 **The Champions**
6.00 **Boon** 11/13. (S2)
7.00 **The Top Secret Life of Edgar Briggs** (S1)
8.00 **Lady Killers** The story of George Joseph Smith.
9.00 **Dark Skies** 8/20. (S1)
10.00 FILM **Inseminoid** Horror. (1981, 15, 93min) ★
12.00 M'T **Stereo Underground**
1.00 AM **A Day in the Life of Beryl Cook**
1.30 **The Prime of Miss Jean Brodie** 5/7. (S1)
2.30 **London in the Raw**
4.00 **Dark Skies** 8/20. (S1)
5.00 **to 6.00** AM **Stereo Underground**

DMAX

158 151 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **The Snake Catcher**
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** A woman risks eviction when her neighbour reports her. **8.00** A woman in denial that she is a hoarder.
9.00 **Paranormal: Caught on Camera** Hunters spot a skinwalker emerging from the woods.
10.00 **Ghost Adventures** In Pacific Grove, the crew investigate a doll shop overwhelmed by a dark energy. **11.00** Zak Bagans and the crew investigate reports of poltergeists at a saloon in Paso Roble.
12.00 M'T **Unexplained: Caught on Camera**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa: Back to Basics**
11.00 **Paul Hollywood: City Bakes** Triple bill.
1.00 PM **James Martin's American Adventure**
3.00 **Rick Stein's Food Heroes: Another Helping** Eight editions.
7.00 **Secret Eats with Adam Richman** Adam is in New York City trying a clandestine Cuban restaurant. **7.30** Adam samples more memorable cuisine in Johannesburg. **8.00** Adam travels to Cape Town to seek out the best off-menu eats, including springbok loin. **8.30** Adam heads to Manila and samples ostrich salpicao.
9.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM FILM **The Day the Earth Stopped** Thriller. (2008, 15, 90min) ★★
9.00 **Charlie's Angels** (S5)
2.00 PM FILM **Moby Dick** Epic adventure starring Gregory Peck. (1956, PG, 116min) ★★★★
4.20 **Killer Wave** Drama.
8.00 **The Twilight Zone** (S4)
9.00 FILM **Survivor** Thriller starring Milla Jovovich, Pierce Brosnan and Dylan McDermott. (2015, 12, 96min) ★★
10.55 FILM **Dead Man Running** Crime thriller starring Tamer Hassan and Danny Dyer. (2009, 15, 92min) ★★★
12.50 AM FILM **Criminal** Thriller starring Kevin Costner, Ryan Reynolds and Gary Oldman. (2015, 15, 113min) ★★★
3.00 **to 5.00** AM FILM **Open 24 Hours** Horror starring Vanessa Grasse. (2018, 18, 102min) ★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 FILM **The Gambler** Musical drama. (1980, PG, 95min) ★★★
12.00 NOON FILM **Wild Horses** Western drama starring Kenny Rogers. (1985, PG, 95min) ★★
2.00 PM FILM **Airplane vs Volcano** Disaster movie. (2014, 15, 91min) ★
4.00 **The Lost World** (S1)
9.00 FILM **Impostor** Thriller starring Gary Sinise and Madeleine Stowe. (2002, 15, 96min) ★★
10.55 FILM **Momentum** Action thriller starring Olga Kurylenko and Morgan Freeman. (2015, 15, 96min) ★★★
1.00 AM FILM **Impostor**
2.55 FILM **The Plague of the Zombies** Horror starring André Morell. (1966, 15, 91min) ★★★
4.45 **to 6.00** AM **The Twilight Zone**

+1hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Hardcore Pawn**
8.20 **Pawn Stars**
10.10 **Alien Disclosure Files**
11.10 **UFO POV**
12.05 PM **Encounter: UFO**
1.05 **The Proof Is Out There**
4.05 **Legends of the Pharaohs** Double bill.
6.00 **Queens of Ancient Egypt** Ancient Egyptian queens who have shaped history, focusing on the life of Queen Tiye. **7.00** Two Cleopatras who ruled Egypt jointly with Ptolemy VIII. **8.00** The daughter of Cleopatra and Antony.
9.00 **Holy Marvels with Dennis Quaid** The legendary treasures of the Copper Scroll and King Solomon's mines.
10.00 **Clash of Ancient Warriors** Documentary.
11.00 **The UnXplained with William Shatner**
1.00 AM **Strangest Things**
2.00 **to 6.00** AM **UFO Files**

5SELECT

153 166 138 46 133 30

9.00 AM **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Six episodes, including at: **6.00** *Final Curtain:* A Broadway main star's manager is killed.
7.00 **Abandoned Engineering** Concrete channels hidden in a mountaintop forest.
8.00 **Battle Front: WWII Road to Victory** The assault at the Libyan seaport of Tobruk. **8.30** How British forces faced 5,000 elite Nazi paratroopers.
9.00 **WWI: 100 Days to Victory** 1/2. Docu-drama telling how the Allied forces won World War One. **10.20** 2/2. How the Allies found a way past the German defence.
11.40 **Wentworth Prison**
3.35 AM **Britain's Greatest Bridges**
3.55 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Dickinson's Real Deal**
11.00 **Celebrity Catchphrase**
12.00 NOON **Tenable**
2.00 PM **Lily Savage's Blankety Blank**
4.00 **The Chase** Quiz show.
5.00 **The Chase Celebrity Special** With Phil Tufnell, Jennie Bond, Ulrika Jonsson and Laurence Llewelyn-Bowen. **6.00** With Alex James, Ann Widdecombe, Sara Cox and Eamonn Holmes.
7.00 **The Chase** Double bill of the quiz show.
9.00 **The Chase Celebrity Special** Julia Goulding, Oz Clarke, Laura Hamilton and Mr Motivator take part.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions of the darts-based quiz.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **Georgie and Mandy's First Marriage**
11.00 **The Big Bang Theory**
8.00 PM **The Big Bang Theory** 16/24. Sheldon uses his holidays to help Amy in her biology lab. **8.30** 17/24. Sheldon and Kripke battle it out to get Professor Rothman's vacant corner office. (S5)
9.00 FILM **Bumblebee** *Transformers* prequel starring Hailee Steinfeld, John Cena and Jorge Lendeborg Jr. (2018, PG, 114min) ★★★★
11.00 FILM **Transformers: Age of Extinction** Sci-fi adventure sequel starring Mark Wahlberg and Stanley Tucci. (2014, 12, 166min) ★★★
2.00 AM **Young Sheldon**
3.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Friends** (S4&5)
1.30 PM **Friends** (S5)
6.00 FILM **The Jewel of the Nile** Adventure sequel to *Romancing the Stone*, starring Kathleen Turner, Michael Douglas and Danny DeVito. (1985, PG, 104min) ★★★★
8.00 FILM **Armageddon** Sci-fi action adventure starring Bruce Willis, Liv Tyler and Ben Affleck. (1998, 12, 151min) ★★★
10.55 **Out of Order**
11.55 **8 Out of 10 Cats Uncut**
12.45 AM **Whose Line Is It Anyway? USA**
1.15 **Drunk History**
2.15 **Iain Stirling's Roast the Internet**
3.15 **Jimmy Carr's Am I the A**hole?**
4.00 **The Culture Capsule**
4.15 **to 5.00** AM **Comedy Game Night**

+1hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S6)
7.00 **Teleshopping**
9.00 **Michael McIntyre's Big Show** As 1.00pm.
10.00 **Everybody Loves Raymond** (S6&7)
1.00 PM **Michael McIntyre's Big Show** With Andrea Bocelli and Ellie Goulding.
2.00 **Everybody Loves Raymond** (S7)
7.00 **Friends** 6/24. Emily asks Ross to move away. **7.30** 7/24. Ross moves in with Chandler and Joey. **8.00** 8/24. The pals recall old Thanksgivings. **8.30** 9/24. Ross falls out with his co-workers. **9.00** 10/24. Ross turns to Joey for advice. (S5)
9.30 **Friends** 11-19/24. (S5)
2.00 AM **New Girl** (S2)
3.00 **South Park** 2-4/17. (S6)
4.30 **Jimmy Carr's Am I the A**hole?**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **That's 60s**
8.20 **Dear John** 1&2/7. (S1)
9.35 **Goodnight Sweetheart**
1.15 PM **Goodnight Sweetheart** (S2)
2.30 **Whatever Happened to the Likely Lads?** (S1)
4.50 **Rising Damp** (S3&4)
7.55 **Minder** 8/13. (S3)
9.00 **Benidorm** 4/9. Joyce is furious with Monty. (S10)
9.55 **Shameless** 6/7. Frank tries to get maintenance from his ex-wife. (S1)
11.00 **Man About the House**
11.30 **Rising Damp** 1/7. (S1)
12.00 M'T **Benidorm** As 9pm.
12.55 AM **Shameless** (S1)
2.00 **The Kenny Everett Video Show**
2.30 **Man About the House**
2.55 **Duty Free** 5/7. (S3)
3.20 **The Osbournes** 5/10.
3.40 **That's 60s**
4.00 **Nearest and Dearest**
4.50 **to 6.00** AM **The Yorkshire Steam Railway: All Aboard**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **Teen Mom: The Next Chapter** Five editions.
1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: **8.00** A Long Island girl discovers her Tennessee sweetheart is not quite what he seems.
9.00 **True Life Crime UK** Linda Adey unravels the truth about the stabbing of James Brindley.
10.00 FILM **The Texas Chainsaw Massacre** Horror thriller remake starring Jessica Biel and Jonathan Tucker. (2003, 18, 98min) ★★
12.00 M'T **Caught in the Act: Unfaithful** Reality series.
1.00 AM **Black Ink Crew New York** Double bill.
2.45 **Teen Mom Family Reunion** Reality series.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Mystery at Blind Frog Ranch** Six editions.
12.00 NOON **Gold Rush** Kevin fires up his wash plant for the first time. **1.00** PM Tony hits a roadblock at his Indian River claim. **2.00** Parker makes a purchase that shocks the entire team. **3.00** Rick gambles all of his profits on a risky cut. **4.00** Kevin tries to run 24/7 with a green crew. **5.00** Brennan confronts Kevin about a lack of equipment. **6.00** Rick makes a big score at Vegas Valley.

7.00 Scrapyard Dynasty

7.00 Scrapyard Dynasty A fierce storm could cause the scrapyard to close for the day.

8.00 Secrets Underground Rob Nelson searches for a mass grave and tries to find out why a giant lake seems to be disappearing.

9.00 Marooned with Ed Stafford Off Panama, Ed is trapped on a beach – unless he braves shark-infested waters.

10.00 In the Eye of the Storm A spark in the Santa Monica mountains ignites a series of devastating infernos across LA.

11.00 Expedition Unknown Josh Gates investigates the shocking rumours surrounding a Turkish dig site 6,000 years older than Stonehenge.
12.00 M'T **Moonshiners**
3.00 AM **Street Outlaws**
4.00 **to 5.00** AM **Street Outlaws: Locals Only**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 Crikey! It's the Irwins
10.00 Lone Star Law
11.00 Dr Jeff: Rocky Mountain Vet
1.00 PM **Pit Bulls & Parolees**
3.00 The Zoo: San Diego The keepers wave goodbye to two elephant brothers. **4.00** The youngest elephant learns how to use its trunk.
5.00 Treehouse Masters Pete builds two treehouses for singer Grace VanderWaal.
6.00 We Love Puppies The bonds people share with puppies.

7.00 How Do Animals Do That?

7.00 How Do Animals Do That? How humpback whales can sing. **7.30** A look at how ostriches can run so fast.

8.00 Extinct or Alive Biologist Forrest Galante tracks clues that suggest the Formosan clouded leopard could still be alive.

9.00 Alaskan Bush People: Book of Matt A profile of Matt, the Browns' eldest son, who prides himself on his problem-solving skills.

10.00 Tanked Pianoworks in New York want Wayde and Brett to build them their own piano-shaped tank made from acrylic.

11.00 Alaska: The Last Frontier The Kilchers take Thanksgiving off the homestead and onto Atz Senior's floating homestead, the *Yuletide*.
12.00 M'T **Edge of Alaska**
2.00 AM **The Haunted**
3.00 Extinct or Alive
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Megafactories**
9.00 Car S.O.S Triple bill.
12.00 NOON **Air Crash Investigation**
2.00 PM **Gladiators: Warriors of the Ancient World**
3.00 Incas: The Rise and Fall The Inca Empire's golden age. **4.00** How the Inca empire fell to the Spanish conquistadors.
5.00 Air Crash Investigation The crash of Singapore Airlines flight 006 in 2000. **6.00** A 1977 incident in which hailstones cracked an aircraft's windscreen.

8.00 Inside the SS

7.00 Seconds from Disaster The story of the 1987 fire at King's Cross Tube station, in which 31 people were killed.

8.00 Inside the SS The story of Hitler's private army, formed from volunteers who were subjected to intense propaganda.

9.00 Inside the SS A look at the role of the SS in the Holocaust, with many volunteering to run the death camps.

10.00 Hitler the Junkie An exposé of the medications Adolf Hitler was taking, how much he took and how often.

11.00 Pole to Pole with Will Smith Will travels to the kingdom of Bhutan in search of the secret to happiness, forcing him to confront some of the most challenging moments of his life.
12.00 M'T **Air Crash Investigation** Four editions of the series.
4.00 **to 5.00** AM **Food Factory**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Swamp People**
8.00 Full Custom Garage
10.00 The Curse of Oak Island
11.00 Storage Wars Six editions.
2.00 PM **Digging for Britain** Triple bill of editions, including at: **4.00** Alice Roberts travels to Bamburgh, Northumberland, to explore Anglo Saxon history.
5.00 Britain's Lost Battlefields with Rob Bell The site of the final battle of the Wars of the Roses.
6.00 Gold Wars Downunder Three hardcore mining teams battle it out to unearth the most gold.

6.00 Gold Wars Downunder

7.00 Airport Security: USA Officers stop a father trying to take his children outside the US despite having a court order.

8.00 Airport Security: USA Officers believe that they have discovered a victim of trafficking in San Francisco.

9.00 Contraband: Seized at Sea Investigating the hidden world of smuggling in major US ports and waterways.

10.00 Contraband: Seized at Sea Agents intercept a boat carrying migrants, but disaster strikes when the boat starts to sink.

11.00 Hells Angels: Kingdom Come A serial killer found refuge in the Hells Angels, but when the club decided to kill several of its own, a failed assassination attempt resulted in betrayal.
12.00 M'T **Close Encounters**
1.25 AM **Storage Wars**
4.10 **to 6.00** AM **Airport Security: USA**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Morgan Freeman** Profile of the actor.
7.00 Discovering Tommy Lee Jones
8.00 The Directors
9.00 Spielberg
11.50 My Icon: Michael Holding
12.00 NOON **The Commandant's Shadow** Documentary.
2.00 PM **Manhunt: The Search for Bin Laden** Documentary.
4.00 What's My Name: Muhammad Ali 1&2/2. Documentary chronicling the extraordinary life of one of sport's most famous figures.

9.00 Amy

7.20 My Icon: Natasha Jonas The boxer's inspirations.
7.30 27: Gone Too Soon Documentary exploring the circumstances surrounding the deaths at 27 of Jimi Hendrix, Jim Morrison, Brian Jones, Janis Joplin, Kurt Cobain and Amy Winehouse.

9.00 FILM Amy Asif Kapadia's portrait of soul, jazz and R'n'B singer-songwriter Amy Winehouse, whose death in July 2011 followed a well-publicised history of drugs and alcohol abuse. (2015, 15, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 Hitsville: The Making of Motown Exploring the history and origins of the Motown record label.
1.40 AM **Jealous Guy: The Assassination of John Lennon** Documentary exploring the life and career of The Beatles superstar.
3.30 Suited Documentary.
5.00 **to 6.00** AM **The Directors**

Saturday

7 PM 8 PM 9 PM 10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Chasing Classic Cars**
8.00 Wheeler Dealers
3.00 PM **Shed and Buried**
7.00 Shed and Buried: Classic Cars
8.00 Guz Khan's Custom Cars Guz battles bucket seats, meets a Ferrari modder, and explores Britain's car scene.
9.00 The Repair Shop The team transform a painting by a Scottish artist Stanley Cursitor.
10.00 The Yorkshire Auction House A trip to London unearths exquisite Victorian jewellery.
11.00 Australian Open Tennis
12.00 M'T **Outback Opal Hunters** Documentary.
1.00 AM **Treasure Hunters Down Under**
2.00 Mystery at Blind Frog Ranch Double bill.
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Houston** Documentary.
7.00 Forensic Detectives
9.00 Cops UK: Bodycam Squad Double bill.
11.00 The Killer Beside Me
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Faking It: Tears of a Crime** Six editions.
9.00 The Murder Tapes New edition In Arkansas, 47-year-old Mario Miller turns up dead in a stranger's driveway.
10.00 Police 911: Michigan New edition A gunfight outside a bar ends with two people dead.
11.00 Faking It: Tears of a Crime John Canaan.
12.00 M'T **Murder on CCTV**
1.00 AM **Faking It: Tears of a Crime** Mark Galante.
2.00 Murder Comes to Town Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 See No Evil DJ Ervin Holton is shot dead on his friend's porch. **7.00** Julissa Brisman is found shot and bound in a hotel in Boston. **8.00** Detectives use surveillance cameras to uncover the truth about Louise Dickey.
9.00 Britain's Countryside Killers The tragic case of Georgia Williams. **10.00** The murder of Emma Caldwell, whose body was found in Limefield Woods.
11.00 Murder UK Wayne Coventry's relationship blinds him to dangers until it's too late. **12.00** M'T Evie Adams finds a man with a deadly secret.
1.00 AM **See No Evil**
4.00 **to 5.45** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **48 Hours**
3.00 PM **Facing Evil** The case of Debbie Fleming, who shot Jared Mazzagate dead after a gang of teenagers congregated around her Texas home. **3.30** The death of mother-of-two Susan Bailey, who was found dead in her home with 27 stab wounds.
4.00 Crimes That Shook Australia The crimes of Wade Frankum, who opened fire on unsuspecting shoppers. **5.00** The story of four-year-old Darcey Freeman.
6.00 Judge Judy Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 Crimes That Shook Australia Double bill.
4.00 48 Hours Documentary.
4.45 Facing Evil
5.35 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
8.00 Brit Cops: Law & Disorder Documentary.
9.00 Caught on Dashcam
10.00 Police 24/7 Triple bill.
1.00 PM **Killing Mum and Dad** Double bill.
3.00 Killer in My Village
5.00 Britain's Most Evil Killers Double bill.
7.00 Forensics: Catching the Killer Investigators track down a murderer 30 years after the crime. **8.00** The murder of 35-year-old Zara Aleena.
9.00 World's Most Evil Killers American serial killer Richard Ramirez.
10.00 The Hillside Strangler: Devil in Disguise 1-4/4. Documentary.
2.20 AM **How I Caught the Killer** True-crime.
3.10 Murder Uncut
4.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Women of World War II: Untold Stories**
9.25 Hitler's Propaganda Machine Triple bill.
1.00 PM **Grand Tours of the Scottish Islands**
1.40 Battle on the Frontline: Maginot vs Siegfried
2.50 Prisoner Number A26188: Henia Bryer
3.50 Women of World War II: Untold Stories
4.55 Forgotten Soldier
6.30 Hitler's Propaganda Machine Examining Hitler's fascination with propaganda. **7.40** The events that led to Hitler being made Chancellor of Germany. **8.50** A look at how Hitler's ambitions spread beyond Germany.
9.55 Battle on the Frontline: Maginot vs Siegfried
11.00 Prisoner Number A26188: Henia Bryer
12.00 M'T **to 2.00** AM **Forgotten Soldier**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Nature

145 113/114 189 354 369

6.00 AM **Mysteries of Evolution**
7.00 **Big Cat Country**
9.00 **Dawn to Dusk**
11.00 **Pridelands: Wilderness Reborn**
12.00 NOON **Extraordinary Animals**
1.00 PM **Volcanic Odysseys**
4.00 **The Great Elephant Tale**
5.00 **Secret World of Sound with David Attenborough**
8.00 **Battle of the Alphas** Conflict between animals in America. **8.30** Animals battling on Europe's evocative landscapes.
9.00 **Super Shark Highway** A look at the different types of sharks that live in the Earth's oceans.
10.00 **Living Beach** The vast array of wildlife along the coast of Mexico's Yucatan Peninsula. **11.00** Unusual events that have shaped Hawaii's beaches.
12.00 M'T **Battle of the Alphas**
1.00 AM **Super Shark Highway**
2.00 NEW SERIES **My Best Friend's an Animal**
3.00 NEW **Leopard Dynasty: The Rise of Rana**
4.00 **Kenya Wildlife Diaries**
5.00 **to 6.00** AM **A Bee's Diary**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Iconic Combat Machines**
10.00 **Soviet Storm: WWII in the East**
11.00 **Digging Up Britain's Past**
1.00 PM **Britain's Most Historic Towns** A visit to Canterbury.
2.00 **Ancient Aliens** Double bill.
4.00 **WW2 Air Crash Detectives**
6.00 **Britain's Most Historic Towns** Alice Roberts explores the medieval history of Lincoln. **7.00** Alice explores the history of Restoration London.
8.00 **What on Earth?** A World War Two aerial photograph triggers a hunt for the lost city of Gath.
9.00 **Ross Kemp: Mafia and Britain** Ross heads to New York, where he discovers the connection between America and Britain in the rise of the Mafia.
10.00 **WWII Battles in Colour** Life on the battlefield of El Alamein.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Behind History**
2.00 **Evidence of the Unexplained**
3.00 **WW2 Air Crash Detectives**
5.00 **to 6.00** AM **Footprints of Civilisation**

Discovery Science

167 148 179

8.00 AM **The Dino Hunters**
10.00 **How It's Made**
12.00 NOON **How It's Made: Dream Cars** Four editions.
2.00 PM **Alien Highway**
4.00 **NASA's Unexplained Files**
6.00 **How It's Made** Four editions.
8.00 **Alien Highway** A recent UFO sighting in Phoenix leads Chuck and the team to Sedona. **9.00** Chuck and the team investigate the story of an alien that had reportedly escaped from Area 51.
10.00 **The Alaska Triangle** Guests report attacks by an aggressive spirit at a hotel. **11.00** The mysterious sinking of the 1918 SS *Princess Sophia*.
12.00 M'T **Expedition Bigfoot** Mireya agrees to act as bait in order to lure out Bigfoot. **1.00** AM Mireya and Ronny endure a terrifying experience.
2.00 **Unexplained and Unexplored**
4.00 **to 6.00** AM **How It's Made: Dream Cars**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam**
3.40 PM **My Strange Arrest**
5.00 **Buried in the Backyard**
6.00 **The Real Murders of Orange County** The murder of a student takes nine years to solve. **7.00** Orange County's tight-knit Vietnamese community is shaken by a vicious murder.
8.00 **Killer Grannies** A woman is confronted about her husband's disappearance.
9.00 **Murder on Trial** A woman is found dead in the bath a week before her home was due to be on a renovation show.
10.00 **Don't Open the Door** Paramedics rush to the scene of a single-vehicle accident.
11.00 **Fear Thy Neighbour**
1.00 AM **Sin City Murders**
2.00 **Hometown Tragedy**
3.00 **Meet, Marry, Murder**
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Bizarre Animal Friends**
9.00 **Heartland Docs**
10.00 **Secrets of the Zoo**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Ultimate Viper: Fear the Fang** Documentary.
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Heartland Docs** The Schroeders take a road trip to New York to visit Erin's parents.
8.00 **Secrets of the Zoo: Tampa** The staff at ZooTampa help expand the pygmy hippo population, while rehabilitating an injured manatee and releasing it back into the wild. **9.00** Featuring a baby siamang and a wolf born missing a leg.
10.00 **Komodo Dragons** Footage of the large reptiles, examining their mating rituals and their struggle to find food and water during Indonesia's dry season.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Fish Tank Kings**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill of editions.
6.00 **How the Universe Works** Experts investigate dead stars, known as white dwarfs. **7.00** Experts hunt for the next deadly supernova. **8.00** New discoveries reveal the significance of neutrinos.
9.00 **Treasure Quest: Snake Island** The team find evidence of a route used to transport the fortune, and a Jesuit artefact may provide critical information on the treasure's location. **10.00** The team use explosives to blast their way to the treasure, while Shawn and Javier manage to unearth the expedition's largest find yet. **11.00** Toxic fumes threaten to bring an end to the search.
12.00 M'T **Blowing Up History: Seven Wonders**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **David Attenborough's Natural Curiosities**
11.30 **The Lakes with Paul Rose**
1.30 PM **David Attenborough's Natural Curiosities**
7.00 **David Attenborough's Natural Curiosities** The eccentricities of birth in the animal kingdom. **7.30** Whether animals and plants have developed an awareness of mathematics. **8.00** The bird's egg shell and the hard shell of the tortoise. **8.30** The evolution of aggression in the animal kingdom.
9.00 **The Lakes with Paul Rose** The explorer visits Windermere. **10.00** The explorer heads to Derwentwater and Borrowdale.
11.00 **David Attenborough's Natural Curiosities** Triple bill.
12.30 AM **The Lakes with Paul Rose**
2.00 **David Attenborough's Natural Curiosities** Double bill.
3.00 **The Lakes with Paul Rose**
4.40 **Anthony Bourdain: Parts Unknown** From Tanzania.
5.25 **to 6.00** AM **The Lakes with...**

+1hour 266 376

ID

154 140 166

8.00 AM **Feuds Turned Fatal**
10.00 **Breaking Homicide**
11.00 **Killer Unknown**
12.00 NOON **Who Killed Jane Doe?**
2.00 PM **Murder in the Heartland**
4.00 **Disappeared** Double bill.
6.00 **The Murder Tapes** An unknown shooter who went on a killing spree in Arizona. **7.00** The disappearance of a divorced mother-of-four.
8.00 **Anni: The Honeymoon Murder** Anni and her husband are on their honeymoon when their taxi gets hijacked. **9.00** Police are searching for Tongo, the taxi driver, who has now been named as a suspect in Anni's murder. **10.00** A phone call reveals information that may point to a motive for Anni's murder. **11.00** Having been extradited, Shrien is flown to South Africa to stand trial for murder.
12.00 M'T **Crime Scene Confidential**
2.00 AM **Deadly Secrets**
4.00 **to 6.00** AM **Betrayed**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Kindig Customs**
10.00 **FourWheeler**
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Sewer Divers**
5.00 PM **Texas Metal** Triple bill of editions, including at: **7.00** The team are challenged with converting a 1973 El Camino into a car for the future.
8.00 **Garage Squad** A local pastor needs some divine intervention for his 1974 Ford Bronco. **9.00** The team work on a 1972 Chevy Nova that has been in the family for three generations. **10.00** Time and storage have both taken their toll on an old 1978 Chevy K20.
11.00 **Shed and Buried** Henry Cole and Sam Lovegrove examine items in Herefordshire. **11.30** Henry and Sam view vintage agricultural equipment. **12.00** M'T Henry and Sam find a barn full of rare vehicles. **12.30** AM Henry and Sam head to Witney, Oxfordshire.
1.00 **to 4.00** AM **Kindig Customs**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.50 AM **Borderline** As 1.30am.
8.40 **Beast of War** As 4.50am.
10.20 PREMIERE **Prisoner of War**
12.20 PM **Nuremberg** Legal thriller starring Russell Crowe. (2025, 15, 148min) ★★★★★
2.50 **The Naked Gun** As 8.00pm.
4.30 **Xeno** Fantasy starring Lulu Wilson and Omari Hardwick. (2025, 15, 103min) ★★★
6.20 **Smurfs** Fantasy comedy featuring the voice of Rihanna. (2025, PG, 89min) ★★

9.35 Prisoner of War

8.00 **The Naked Gun** Comedy reboot starring Liam Neeson. Following in the footsteps of his father, Frank Drebin Jr must save his police department by cracking a murder case. (2025, 15, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 PREMIERE **Prisoner of War** Thriller starring Scott Adkins. A British RAF wing commander during World War Two is captured and forced to fight in a Japanese internment camp. (2025, 15, 112min) ★★★ *See review, page 21.*
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Toxic Avenger** Horror comedy with Peter Dinklage. (2023, 18, 102min) ★★★
1.30 AM **Borderline** Dark comedy thriller. (2025, 15, 94min) ★★★
3.15 **All the Devils Are Here** Thriller starring Eddie Marsan. (2025, 15, 87min) ★★★★
4.50 **to 6.30** AM **Beast of War** Thriller. (2025, 15) ★★★★

Sky Cinema Buddy Films

303 303 403 503 517

7.20 AM **American Pie 2** (2001)
9.10 **Bad Boys** Action comedy. (1995, 15, 118min) ★★★
11.10 **Bad Boys II** Action comedy sequel. (2003, 15) ★★★
1.40 PM **Bad Boys: Ride or Die** Action comedy sequel. (2024, 15, 115min) ★★★
3.45 **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★★★
5.50 **Ocean's Twelve** Caper thriller sequel with George Clooney. (2004, 12, 125min) ★★★★

3.45 Ocean's Eleven

8.00 **Ocean's Thirteen** Caper thriller sequel starring George Clooney, Brad Pitt and Matt Damon. Charismatic thief Danny Ocean and his gang of crooks plot their revenge against a megalomaniac casino owner. (2007, PG, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Ocean's Eight** Crime caper starring Sandra Bullock. Following in the footsteps of her brother, light-fingered Debbie Ocean plans a heist. (2018, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **American Pie 2** Comedy sequel starring Jason Biggs. (2001, 15, 106min) ★★★
1.55 AM **The 4:30 Movie** Comedy. (2024, 15, 88min) ★★★
3.35 **Just Friends** Romantic comedy with Ryan Reynolds. (2005, 12, 94min) ★★
5.20 **to 7.05** AM **Evolution** Comedy. (2001, PG, 101min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.10 AM **The Good Half** As 6.15pm.
7.55 **I Used to Be Funny** (2023)
9.50 **Black Dog** Chinese drama starring Eddie Peng. Subtitled. (2024, 12, 110min) ★★★
11.50 **P.S. I Love You** Comedy drama. (2007, 12, 121min) ★★★
2.05 PM **Golda** Biopic starring Helen Mirren. (2023, 12, 100min) ★★
3.55 **Coach Carter** Sports drama. (2004, 12, 136min) ★★★
6.15 **The Good Half** Comedy drama. (2023, 15, 96min) ★★★
8.00 **Elizabeth: The Golden Age** Historical drama sequel starring Cate Blanchett and Clive Owen. Queen Elizabeth I braves the Spanish Armada but finds time for romance with dashing explorer Walter Raleigh. (2007, 12, 114min) ★★★
10.05 **The Brutalist** Epic drama with Adrien Brody, Felicity Jones, Guy Pearce and Joe Alwyn. (2024, 18, 215min) ★★★★★
1.30 AM **American Sniper** Biopic starring Bradley Cooper. (2014, 15, 127min) ★★★★
3.50 **Golda** As shown at 2.05pm.
5.40 **to 7.35** AM **I Used to Be Funny** Comedy drama starring Rachel Sennott and Olga Petsa. (2023, 15, 105min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

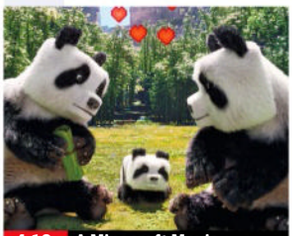
6.40 AM **Out of Darkness** (2022)
8.15 **Die Alone** As 3.00am.
9.55 **Edge of Tomorrow** Adventure. (2014, 12, 113min) ★★★★
11.55 **Zombie Town** Horror comedy. (2023, 12, 92min) ★★
1.35 PM **Trap** Crime thriller. (2024, 15, 105min) ★★★★
3.30 **A Quiet Place** Horror starring Emily Blunt and John Krasinski. (2018, 15, 90min) ★★★★
5.15 **2012** Epic disaster movie. (2009, 12, 158min) ★★★
8.00 **Blade Runner** Ridley Scott's futuristic thriller starring Harrison Ford as the bounty hunter in pursuit of five highly dangerous 'replicants'. With Rutger Hauer and Sean Young. (1982, 15, 130min) ★★★★★
10.00 **Children of Men** Sci-fi thriller based on the novel by PD James, starring Clive Owen, Julianne Moore and Michael Caine. (2006, 15, 109min) ★★★★★
11.55 **Get Away** Horror comedy. (2024, 15, 100min) ★★★★
1.30 AM **Out of Darkness** Horror starring Iola Evans. Subtitled. (2022, 15, 88min) ★★★
3.00 **Die Alone** (2024, 15) ★★★★
4.35 **to 6.05** AM **Sick** Horror. (2022, 18, 83min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.35 AM **Grow** Fantasy comedy. (2025, PG, 107min) ★★★★
8.35 **IF** As shown at 6.00pm.
10.25 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
12.00 NOON **Stuart Little 2** Fantasy sequel. (2002, U) ★★★★
1.35 PM **The Amazing Spider-Man 2** As 11.10pm.
4.10 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
6.00 **IF** Fantasy with Ryan Reynolds. (2024, U, 104min) ★★★


4.10 A Minecraft Movie

7.50 **Spy Kids** Action comedy starring Antonio Banderas and Carla Gugino. The two children of kidnapped secret agents strive to save their parents. (2001, U, 88min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.25 **Zathura: A Space Adventure** Sci-fi fantasy adventure starring Josh Hutcherson. Two brothers plunge into a series of intergalactic adventures when they play a strange board game. (2005, PG, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **The Amazing Spider-Man 2** Superhero adventure sequel. (2014, 12, 142min) ★★★
1.35 AM **Breaking Point** Drama. (2023, 12, 102min) ★★★
3.20 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
4.45 **to 6.30** AM **Spy Kids 2: Island of Lost Dreams** Comedy adventure sequel. (2002, U, 100min) ★★★★

Sky Cinema Spider-Man

307 307 407 507 521

6.00 AM **The Amazing Spider-Man** As 5.25pm.
8.20 **The Amazing Spider-Man 2**
10.45 **Spider-Man** As 10.10pm.
12.50 PM **Spider-Man 2** As 12.15am.
3.00 **Spider-Man 3** Fantasy adventure sequel with Tobey Maguire and Kirsten Dunst. (2007, 12, 139min) ★★★
5.25 **The Amazing Spider-Man** Fantasy adventure with Andrew Garfield and Emma Stone. (2012, 12, 136min) ★★★

5.25 The Amazing Spider-Man

7.45 **The Amazing Spider-Man 2** Fantasy adventure sequel starring Andrew Garfield. The superhero battles a foe with electrical powers, while an old friend presents an even greater threat. With Emma Stone, Jamie Foxx and Dane DeHaan. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

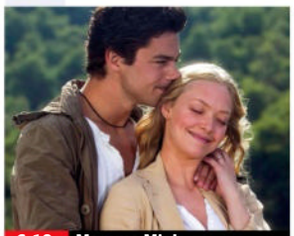
10.10 **Spider-Man** Fantasy starring Tobey Maguire as a nerdy schoolboy who develops special powers after being bitten by a mutant spider and uses them to protect New York from evil forces. (2002, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Spider-Man 2** Fantasy adventure sequel with Tobey Maguire and Kirsten Dunst. (2004, PG, 127min) ★★★★
2.25 **Spider-Man 3** As 3.00pm.
4.50 **to 7.10** AM **The Amazing Spider-Man** As 5.25pm.

Sky Cinema Comedy

308 308 408 508 522

7.45 AM **Wayne's World 2** Comedy sequel. (1993, PG) ★★★
9.35 **The Holiday** Comedy. (2006, 12, 135min) ★★★
11.55 **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★
1.50 PM **Love Actually** Comedy. (2003, 15, 135min) ★★★
4.10 **Instant Family** Comedy. (2018, 12, 118min) ★★★★
6.10 **Mamma Mia!** Musical comedy starring Meryl Streep. (2008, PG, 108min) ★★★★


6.10 Mamma Mia!

8.00 **Mamma Mia! Here We Go Again** ABBA-themed musical sequel starring Amanda Seyfried and Lily James. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

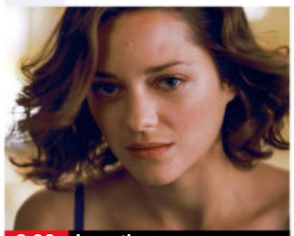
9.55 **It's Complicated** Romantic comedy with Meryl Streep, Steve Martin and Alec Baldwin. A woman becomes her ex-husband's mistress but also finds herself attracted to a shy architect. (2009, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
1.35 AM **The Terminal** Steven Spielberg's comedy drama. (2004, 12, 129min) ★★★★
3.45 **13 Going on 30** Comedy. (2004, 12, 98min) ★★★
5.25 **to 7.15** AM **Click** Fantasy. (2006, 12, 103min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Murder by Numbers** Thriller with Sandra Bullock. (2002, 15, 120min) ★★★
8.05 **The Godfather Part II** (1974)
11.30 **Detroit** Fact-based drama. (2017, 15, 143min) ★★★★
2.00 PM **The Accountant** Thriller. (2016, 15, 123min) ★★★
4.10 **Reindeer Games** Thriller. (2000, 15, 105min) ★★★★
6.00 **Split** Thriller starring James McAvoy and Anya Taylor-Joy. (2016, 15, 117min) ★★★


8.00 Inception

8.00 **Inception** Christopher Nolan's thriller starring Leonardo DiCaprio. A spy assembles a team to infiltrate the dreams of a billionaire, but his own guilty dreams of his dead wife threaten to sabotage the mission. With Ken Watanabe, Ellen Page, Joseph Gordon-Levitt and Marion Cotillard. (2010, 12, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Nightcrawler** Crime thriller starring Jake Gyllenhaal, Rene Russo and Riz Ahmed. (2014, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Godfather Part II** Francis Ford Coppola's epic gangster drama sequel with Al Pacino and Robert De Niro. (1974, 18, 200min) ★★★★★
3.50 **Split** As shown at 6.00pm.
5.50 **to 7.50** AM **To Catch a Killer** Thriller with Shailene Woodley. (2023, 15, 119min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Roman Holiday** Romantic comedy with Audrey Hepburn. (1953, b/w, U, 118min) ★★★★★
1.20 PM **Local Hero** Bill Forsyth's comedy with Burt Lancaster. (1983, PG, 110min) ★★★★
3.35 **Hidden Figures** Fact-based drama starring Taraji P Henson. (2016, PG, 127min) ★★★★
6.10 **Midway** World War Two drama starring Ed Skrein. (2019, 12, 138min) ★★★★

9.00 Braveheart

Midway (film started at 6.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Braveheart** Oscar-winning epic historical drama directed by and starring Mel Gibson as 13th-century Scottish warrior William Wallace, who led a ragged but courageous army against the English enemy. (1995, 15, 177min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Censor** Horror starring Niamh Algar. After viewing a familiar video, a film censor sets out to solve the mystery of her sister's disappearance. (2021, 15, 84min) ★★★★
2.15 **to 4.00** AM **The Craft: Legacy** Horror drama starring Cailee Spaeny, Gideon Adlon, Lovie Simone and Zoey Luna. (2020, 15, 97min) ★★★★

+1hour 314 430 47 301 257

Saturday

8 PM
9 PM
10 PM
11 PM

Sky Cinema Feel Good

302 302 402 502 516

6.20 AM **The Ballad of Wallis Island**
8.15 **Blended** As shown at 2.00am.
10.25 **Hope Springs** Comedy drama. (2012, 12, 98min) ★★★
12.20 PM **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
3.10 **The Terminal** Comedy drama. (2004, 12, 129min) ★★★★
5.30 **Jerry Maguire** Romantic comedy drama with Tom Cruise. (1996, 15, 139min) ★★★★

8.00 **Bridget Jones: Mad About the Boy** Romantic comedy sequel starring Renée Zellweger. Recently widowed Bridget enters the dating game once again, caught between her son's science teacher and a younger man. (2024, 15, 125min) ★★★★
10.15 **Yesterday** Comedy starring Himesh Patel and Lily James. (2019, 12, 116min) ★★★
12.15 AM **The Accidental Husband** Romantic comedy starring Uma Thurman. (2008, 12, 86min) ★
2.00 **Blended** Romantic comedy. (2014, 12, 117min) ★★
4.00 **The Ballad of Wallis Island** Comedy drama starring Tim Key. (2025, 12, 100min) ★★★★
5.50 **to 7.40** AM **The Wedding Banquet** Romantic comedy. (2025, 15, 103min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.05 AM **Groundhog Day** Fantasy. (1993, PG, 103min) ★★★★★
7.50 **Big Daddy** Comedy. (1999, 12, 95min) ★★★
9.25 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
11.25 **The Golden Child** Adventure. (1986, PG, 93min) ★★
1.00 PM **Caddyshack** Slapstick comedy starring Chevy Chase. (1980, 15, 95min) ★★★
2.45 **In & Out** Comedy starring Kevin Kline. (1997, 12, 91min) ★★★
4.20 **Billy Madison** Comedy starring Adam Sandler and Bridgette Wilson. (1995, PG, 90min) ★★
5.55 **Jaws** Steven Spielberg's monster thriller starring Roy Scheider. (1975, 12, 125min) ★★★★★
8.00 **Jaws 2** Adventure thriller sequel starring Roy Scheider. (1978, PG, 115min) ★★★
10.00 **Jaws 3** Adventure thriller sequel starring Dennis Quaid. (1983, 12, 99min) ★★
11.40 **Robin Hood: Prince of Thieves** Adventure starring Kevin Costner. (1991, PG, 138min) ★★
2.05 AM **High Plains Drifter** Western. (1972, 18, 105min) ★★★★
3.55 **Sky Cinema Preview**
4.55 **to 6.40** AM **The Warriors** Thriller. (1979, 15, 94min) ★★★

Sky Cinema Animation

305 305 412 500 514

7.20 AM **The Pirates! In an Adventure with Scientists** Animated comedy adventure. (2012, U, 87min) ★★★★
9.05 **Madagascar** As 5.30pm.
10.45 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
12.30 PM **Mr Peabody & Sherman** Animated family comedy. (2014, U, 97min) ★★★★
2.15 **The Garfield Movie** As 9.55pm.
4.00 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
5.30 **Madagascar** Animated comedy. (2005, U, 86min) ★★★★
7.00 **Open Season 3** Animated comedy adventure sequel. (2010, U, 74min) ★★
8.20 **Fireheart** Animated adventure with the voice of Olivia Cooke. (2022, U, 92min) ★★★
9.55 **The Garfield Movie** Animation featuring the voices of Chris Pratt and Samuel L Jackson. (2023, U, 101min) ★★★
11.40 **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U, 78min) ★★★
1.05 AM **The Emoji Movie** (2017)
2.35 **Home** Animated adventure. (2014, U, 94min) ★★★
4.15 **Open Season 3** As 7.00pm.
5.35 **to 7.10** AM **Trolls** (2016, U) ★★★

Movies 24

312 313 419

7.00 AM **Adventures in Love & Birding** Romantic comedy. (2025, PG, 84min) ★★
9.00 **The Professional Bridesmaid** Drama. (2023, PG, 90min) ★★
11.00 **Return to Office** Romantic drama. (2025, PG, 84min) ★★
1.00 PM **Haul Out the Halloween** Comedy. (2025, PG, 84min) ★★
3.00 **Made for Each Other** Romantic fantasy. (2023, PG, 84min) ★★
5.00 **A Taste of Christmas** Festive drama. (2023, PG, 90min) ★★
7.00 **An Ice Palace Romance** Drama starring Celeste Desjardins. (2023, PG, 90min) ★★
9.00 **CrimeTime: Freefall** Mystery starring Lyndie Greenwood and Danny Dworkis. The leading actor in a crime series helps a real-life detective to solve a murder in her home town. (2024, PG, 90min) ★★
11.00 **An American in Austen** Comedy. (2024, PG, 84min) ★★
1.00 AM **Mystery Island: Winner Takes All** Crime drama starring Elizabeth Henstridge. (2025, PG, 90min) ★★
3.00 **to 5.00** AM **The Gift of Peace** Drama. (2022, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **They Fought the Few**
6.35 **Robin Hood Junior** Family adventure. (1975, U, 56min) ★★
7.50 **Let's Sing with Popeye**
7.55 **The Black Arrow** 4/6. (S2)
8.25 **The Adventures of Sir Lancelot**
9.00 **Batman** 54/60. (S2)
9.30 **The Roy Rogers Show** (S4)
10.00 **Stingray** 10/39. (S1)
10.30 **The Adventures of William Tell**
11.00 **The Buccaneers** 8/39. (S1)
11.30 **The Adventures of Robin Hood**
12.00 NOON **Highway to Battle** Drama. (1961, b/w, U, 71min) ★★
1.20 PM **North West Frontier** Adventure. (1959, U) ★★★
3.55 **Cinebox Memories**
4.00 **Whiplash** 2/34. (S1)
4.35 **Went the Day Well?** Thriller. (1942, b/w, PG, 92min) ★★★★★
6.25 **Scotland Yard** 24/39. (S1)
7.00 **Maigret** 6/13. (S3)
8.00 **A Family at War** 18/20. (S3)
9.00 **Casebook of Sherlock Holmes**
11.05 **The World of Hammer**
12.15 AM **Eurotrash**
12.50 **Satan's Sadists** Horror thriller. (1969, 18, 86min) ★★
2.35 **Auntie Lee's Meat Pies** Comedy. (1992, 15, 100min) ★★
4.40 **The Adventures of Sir Lancelot**
5.10 **Stingray** 5/39. (S1)
5.40 **to 6.00** AM **Randle & All That**

Saturday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
6.30 LIVE **Icons Series Golf** Coverage of the opening day of the Icons of Football staged at Robinswood Club in Bangkok.
9.00 LIVE **DP World Tour Golf** Day two of the Bahrain Championship at Royal Golf Club, Al Mazrowiah.
11.00 LIVE **EFL** **Stoke City v Southampton.** The Championship match at bet365 Stadium. Kick-off **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 LIVE **SNF** **Chelsea v West Ham United.** The Premier League match from Stamford Bridge. Kick-off **5.30pm**.
7.45 LIVE **SPFL** **Dundee United v Hearts.** The Scottish Premiership match held at the CalForth Construction Arena. Kick-off **8.00pm**.
10.30 LIVE **PGA Tour Golf** Day three of the Farmers Insurance Open from Torrey Pines Golf Course.
11.30 **Sky Sports Catch Up**
1.00 AM LIVE **Icons Series Golf** Coverage of day two of the Icons of Football from Robinswood Club.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Preview**
7.30 **Fantasy Show**
8.00 **Premier League Stories**
8.30 **The Big Interview** Petr Cech.
9.00 **Premier League Preview**
9.30 **Fantasy Football Countdown**
10.00 **Saturday Social**
11.00 **Premier League One on One**
11.30 **Premier League Stories**
12.00 NOON **Gillette Soccer Saturday**
5.00 PM LIVE **SNF** **Chelsea v West Ham United.** Coverage of the Premier League match from Stamford Bridge. Chelsea claimed an emphatic 5-1 win away to their London rivals in August's reverse fixture, and they will be favourites to prevail once again as they are aiming to qualify for next season's Champions League. Kick-off **5.30pm**.
8.30 **Transfer 360** John Obi Mikel.
9.00 **Premier League Stories**
9.30 **The Big Interview** Petr Cech.
10.00 **Transfer 360** John Obi Mikel.
10.30 **Premier League Highlights**
2.30 AM **The Big Interview**
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
6.15 **Championship Retro**
8.15 **EFL Greatest Games**
9.45 **EFL Highlights** Championship.
10.00 **Saturday Social**
11.00 LIVE **EFL** **Stoke City v Southampton.** Coverage of the Championship match at bet365 Stadium. Stoke claimed a 2-1 win at St Mary's Stadium in August, despite being reduced to 10 men when Divin Mubama was sent off on the 59th minute. Kick-off **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.20 LIVE **Bundesliga** **Hamburg SV v Bayern Munich.** The German top-flight match at Volksparkstadion. Kick-off **5.30pm**.
7.30 LIVE **SPFL** **Dundee United v Hearts.** Coverage of the Scottish Premiership encounter staged at the CalForth Construction Arena. Kick-off **8.00pm**.
10.30 **EFL Highlights** Championship.
2.00 AM **EFL** Leeds United v Watford.
3.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 24/25**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **WPL** Highlights.
7.00 **Best of England v South Africa**
7.15 LIVE **ICC Under-19s World Cup Cricket** Coverage of a Super Six match from Harare Sports Club in Zimbabwe, where the runners-up of Group B face the third-place team in Group C.
3.00 PM **Best of ICC WT20**
3.30 LIVE **International T20 Cricket** **South Africa v West Indies.** Coverage of the third T20 in the three-match series at Wanderers Stadium, Johannesburg.
8.00 **Best of ICC WT20**
8.30 **Best of England v South Africa**
8.45 **Best of ICC WT20** Action from England v South Africa in 2016.
9.00 **WPL** Highlights from Gujarat Giants v Delhi Capitals. **10.00** Royal Challengers Bengaluru v UP Warriorz. **11.00** Highlights from Gujarat Giants v Delhi Capitals.
12.00 M'T **International T20 Cricket** South Africa v West Indies staged at Wanderers Stadium.
3.30 AM **Best of England v South Africa** Action from 2011.
3.45 **Best of ICC WT20**
4.00 **to 6.00** AM **WPL**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Nick Dougherty's Tee Time Tips** Expert golfing advice.
6.30 LIVE **Icons Series Golf** Coverage of the opening day of the Icons of Football staged at Robinswood Club in Bangkok.
9.00 LIVE **DP World Tour Golf** Coverage of day two of the Bahrain Championship staged at Royal Golf Club in Al Mazrowiah.
1.30 PM **Beyond the Scorecard**
2.00 **The Big 5 Roundtable**
4.00 LIVE **PGA Tour Golf** Coverage of the third day of the Farmers Insurance Open staged at Torrey Pines Golf Course in San Diego.
11.30 **Beyond the Scorecard**
12.00 M'T **PGA Tour Golf**
1.00 AM LIVE **Icons Series Golf** Coverage of day two of the Icons of Football held at Robinswood Club, as two teams of football legends contest a matchplay event.
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA & ATP Tennis**
1.00 PM **WTA & ATP Tennis**
6.00 **WTA Tennis** The Cluj Open final.
7.00 **ATP Tennis** Montpellier Open final at Sud de France Arena.
8.00 **WTA Tennis** The 2025 Doha Open final at Khalifa International Tennis and Squash Complex.
9.00 **ATP Tennis** The 2025 Buenos Aires Open final at Buenos Aires Lawn Tennis Club in Argentina. **10.00** The 2025 Dallas Open final staged at Styslinger/Altec Tennis Complex in Dallas, Texas. **11.00** The 2025 Rotterdam Open final at Rotterdam Ahoy.
12.00 M'T **to 6.00** AM **Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM LIVE **Isuzu UTE A-League** **Newcastle Jets v Brisbane Roar.** Coverage from McDonald Jones Stadium. Kick-off **6.00am**.
8.00 LIVE **Australian Open** Coverage of day 13, featuring the women's final at Melbourne Park.
11.00 **UEFA Champions League**
11.30 **TNT Sports Reload**
11.45 LIVE **Men's Cycling Pro Series** The fifth stage of the AlUla Tour.
1.45 PM **TNT Sports Reload**
2.00 **No Filter Rugby**
2.30 LIVE **PREM Rugby Cup** **Northampton Saints v Leicester Tigers.** Kick-off **3.05pm**.
5.45 **Playing for Our Future**
6.00 **UEFA Champions League**
7.00 LIVE **Premier League** **Liverpool v Newcastle United.** Coverage of the top-flight match from Anfield. Kick-off **8.00pm**.
10.30 **UEFA Europa League & Conference League Highlights**
11.30 **Fight Week** UFC 325 preview.
12.00 M'T LIVE **UFC** Preliminary bouts.
2.00 **to 6.00** AM LIVE **UFC** **Alexander Volkanovski v Diego Lopes.** The featherweight title bout from Qudos Bank Arena.

TNT Sports 2

411 414 522 409 431

6.00 AM LIVE **T20 Super Smash** Coverage of the Grand Final.
8.30 **TNT Sports Cricket Reload**
8.45 **Women's Cycling**
9.45 LIVE **Alpine Skiing** Coverage from the women's Super G in Crans Montana, Switzerland.
12.00 NOON LIVE **Ski Jumping World Cup** The women's HS147 from Willingen, Germany.
1.45 PM **TNT Sports Reload**
2.00 LIVE **German Masters Snooker** Coverage of the sixth day held at Tempodrom in Berlin, featuring the semi-finals.
4.30 **Men's Cycling** A review of the Santos Tour Down Under.
5.30 **Australian Open** Highlights from the women's singles final.
7.00 LIVE **German Masters Snooker** Further coverage from the sixth day at Tempodrom.
10.30 **International T20 Cricket Highlights** Sri Lanka v England. **11.30** India v New Zealand.
12.30 AM **TNT Sports Reload**
1.00 **Premier League**
2.30 **Australian Open**
4.00 **TNT Sports Reload**
4.30 **to 6.00** AM **Ultimate Pool**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **NFL Highlights**
3.00 **NFL Bitesize Highlights**
4.00 **NFL Highlights** Pittsburgh Steelers v Houston Texans.
5.00 **NFL Gameday** Match reviews.
5.45 **NFL Bitesize Highlights** Philadelphia Eagles v San Francisco 49ers in the fourth Wild Card play-off at Lincoln Financial Field.
6.00 **NFL Highlights** New England Patriots v Los Angeles Chargers. **7.00** Pittsburgh Steelers v Houston Texans from Acrisure Stadium.
8.00 **NFL Bitesize Highlights** Houston Texans v Indianapolis Colts. **8.15** Action from Carolina Panthers v Los Angeles Rams. **8.30** Highlights of Pittsburgh Steelers v Houston Texans. **8.45** Action from Philadelphia Eagles v San Francisco 49ers.
9.00 **NFL Highlights** Denver Broncos v Los Angeles Chargers. **10.00** Action from Carolina Panthers v Los Angeles Rams. **11.00** Chicago Bears v Green Bay Packers at Soldier Field.
12.00 M'T **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
6.30 LIVE **Icons Series Golf** Coverage of the opening day of the Icons of Football staged at Robinswood Club in Bangkok, as two teams of football legends contest a matchplay event.
11.00 **EFL Build-Up**
12.25 PM LIVE **EFL** A Championship match. Kick-off **12.30pm**.
3.00 **Gillette Soccer Saturday**
5.00 **Gillette Soccer Saturday: Reaction** Post-match reaction.
6.00 **Gillette Soccer Saturday Fan Zone** Weigh in on the debate and have your say on the day's talking points surrounding your club.
7.30 LIVE **LPGA Tour Golf** Coverage of the third day of the LPGA Tournament of Champions staged at Lake Nona Golf and Country Club in Orlando, Florida.
10.30 **Sky Sports Catch Up** With live analysis, comment and interviews.
1.00 AM **WTA Tennis** The Madrid Open final at Park Manzanares. **2.00** The Strasbourg Open final at Tennis Club de Strasbourg. **3.00** The Rabat Open final. **4.00** The Prague Open final.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **Chronicles of a Champion Golfer** Henrik Stenson.
6.30 **Nick Dougherty's Tee Time Tips**
7.00 **NFL Highlights**
10.00 **SA20** Highlights from Paarl Royals v Joburg Super Kings. **11.00** Highlights of the final.
12.00 NOON **Big Bash League**
1.00 PM **SA20** Qualifier Two play-off.
2.00 **PGA Tour Golf** Highlights.
4.00 **PGA Tour Champions**
5.00 **SA20** Highlights of the final.
6.00 **Big Bash League** The final.
7.00 **Nick Dougherty's Tee Time Tips**
7.30 LIVE **LPGA Tour Golf** The third day of the LPGA Tournament of Champions at Lake Nona Golf and Country Club in Orlando, Florida.
10.30 **DP World Tour Golf** Days three and four of the Dubai Invitational.
12.30 AM **Chronicles of a Champion Golfer** A profile of Nick Faldo.
1.00 **State of Origin Rugby League**
4.00 **EFL Greatest Games**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

TNT Sports 3

413 415 523 410 432

6.00 AM LIVE **Isuzu UTE A-League** **Newcastle Jets v Brisbane Roar.** Kick-off **6.00am**.
8.00 **The Fantasy Show**
8.30 LIVE **Isuzu UTE A-League** **Sydney FC v Western Sydney Wanderers.** Kick-off **8.35am**.
10.30 **Playing for Our Future**
10.45 LIVE **Isuzu UTE A-League** **Perth Glory v Auckland FC.** The Australian top-flight match from HBF Park. Kick-off **10.45am**.
12.45 PM **Premier League Preview**
1.15 LIVE **International T20 Cricket** **India v New Zealand.** The fifth T20 from Greenfield Stadium.
5.15 **T20 Super Smash** Grand Final.
6.15 **TNT Sports Reload**
6.30 **Isuzu UTE A-League**
9.30 **Fishing: On the Bank**
10.30 **Australian Open** Women's final.
12.00 M'T **PREM Rugby Cup**
1.00 AM **Isuzu UTE A-League**
4.00 **UEFA Champions League**
4.30 **to 6.00** AM **Skiing**

TNT Sports 4

414 416 524 411 434

6.00 AM **Premier League Preview**
6.30 LIVE **A-League Women** **Canberra United v Melbourne Victory.** Kick-off **6.30am**.
8.30 **Premier League Preview**
9.00 LIVE **Nordic Combined Skiing** From Seefeld, Austria.
9.45 **Discovery Golf**
10.15 **Men's Cycling Pro Series**
11.15 LIVE **Nordic Combined Skiing** From Seefeld, Austria.
12.15 PM **International T20 Cricket**
1.15 **UEFA Champions League**
1.30 **Discovery Golf**
2.00 LIVE **Cyclocross** In Hulst.
3.30 LIVE **Ski Jumping** In Willingen.
4.45 **Crouchy and Cole**
5.00 **WRC Review** Rally Monte Carlo.
6.00 LIVE **Formula E** Miami E-Prix.
8.30 **Skiing Highlights**
10.00 **Cyclocross** From Hulst.
10.30 **Cycling** Recent highlights.
2.00 AM **German Masters Snooker**
4.00 **to 6.00** AM **Men's Cycling**

Premier Sports 1

419 551

6.00 AM **NHL Tonight**
7.00 **Sporting Countdowns**
8.00 **Football** Highlights and features.
9.30 **World of FreeSports**
10.00 **Rugby Union** Highlights.
12.00 NOON LIVE **United Rugby Championship** **Lions v Bulls.** Kick-off **12.30pm**.
2.35 PM LIVE **United Rugby Championship** **Sharks v Stormers.** Kick-off **3.00pm**.
5.15 LIVE **United Rugby Championship** **Leinster v Edinburgh.** Kick-off **5.30pm**.
7.40 LIVE **United Rugby Championship** **Ospreys v Dragons.** Kick-off **7.45pm**.
9.45 **Football** Highlights and features.
10.30 **Transworld Sport**
11.30 **LaLiga** Levante v Atlético Madrid.
1.30 AM **Sporting Greats**
2.00 **NHL Tonight** Defensemen.
3.00 **to 6.00** AM LIVE **NHL Ice Hockey** **Edmonton Oilers v Minnesota Wild.** Face-off **3.00am**.

Premier Sports 2

420 552

6.00 AM **Football's Greatest**
7.00 **Elite Ice Hockey League**
9.00 **Downhill Skateboarding**
9.30 **Football's Greatest**
10.00 **NHL Ice Hockey**
12.00 NOON **Temples of Sport**
12.30 PM **United Rugby Championship**
2.30 LIVE **United Rugby Championship** **Zebre Parma v Connacht.** Kick-off **3.00pm**.
5.15 **LaLiga Match Highlights**
5.30 **Transworld Sport** Magazine.
6.30 **Bike World** Magazine.
7.00 **LaLiga Match Highlights**
7.15 LIVE **United Rugby Championship** **Ulster v Cardiff.**
10.15 **LaLiga Match Highlights**
10.30 **Bike World** Recent action.
11.00 **NHL Ice Hockey**
12.00 M'T LIVE **NHL Ice Hockey** **Ottawa Senators v New Jersey Devils.** Face-off **12.00m't**.
3.00 AM **Temples of Sport**
4.00 **to 6.00** AM **United Rugby Championship**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **Formula 1** Highlights.
4.00 PM **Formula 1** Highlights of the 2025 Spanish Grand Prix. **5.00** The 2025 Canadian GP. **6.00** The 2025 Austrian GP. **7.00** The 2025 British Grand Prix.
8.00 **Formula 1** Highlights from the 2025 Belgian Grand Prix. **9.00** The 2025 Hungarian Grand Prix held at the Hungaroring. **10.00** The 2025 Dutch Grand Prix from Circuit Zandvoort. **11.00** The 2025 Italian Grand Prix staged at Monza Circuit.
12.00 M'T **to 6.00** AM **The Best of F1**

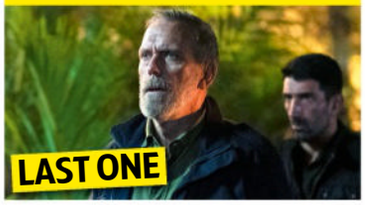
SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

1 February

Evening Planner

Thriller



The Night Manager
BBC1, 9pm
As the drama reaches its climax, and with his secret finally out, are Roper's (Hugh Laurie) days of freedom numbered?

Factual

Secret Genius
C4, 9pm
Countdown's Suzie Dent and Celebrity Traitor Alan Carr set out to find secret geniuses from normal walks of life.

Drama

Long Story Short
BBC3, from 9pm
A night showcasing new writing talent includes short drama *Pineapple* (9.15pm), about a woman seeking connection.

Entertainment

Mock the Week
TLC, 9pm
Dara Ó Briain is back to front the revived satirical panel show on TLC, with comics taking a look at the week's headlines.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Antiques Roadshow		8.00 Call the Midwife		9.00 The Night Manager		10.00 News	10.30 Match of the...
	102 BBC2	◂ 6.20 Film: Eddie the Eagle		8.00 Top Gear Winter Olympics Special		9.00 Confessions of a Killer		10.00 Film: Saltburn	
	103 ITV1	7.00 The Floor		8.00 Ant & Dec's Limitless Win		9.00 After the Flood			10.15 Long Lost Family
	104 CHANNEL 4	◂ 6.45 Mission to Space with...	7.45 The Great Pottery Throw Down			9.00 Secret Genius		10.05 Celebrity Gogglebox	
	105 5	◂ 6.30 Britain's Worst Weather Disasters		8.00 22 Kids & Counting		9.00 The Beckham Feud: Truth & Lies			10.30 When TV...
	106 SKY SHOWCASE	7.00 Rob & Romesh vs Team GB: Winter Special				9.00 Evil			
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Long Story Short			10.40 RuPaul's...
	116 BBC4	7.00 Come Dancing 1978...	7.40 Wogan's Best...	8.10 Wogan: The Best Of		8.55 Mark Lawson Talks to Terry Wogan		9.55 The Lady from the Sea	
	118 ITV2	◂ 6.55 Film: Coyote Ugly				9.00 Love Island: All Stars		10.05 Olivia Attwood: Getting Filthy Rich	
	136 MORE4	◂ 6.50 Four in a Bed		7.55 The Dog House		9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	◂ 5.50 Film: Sister Act 2: Back in the Habit		8.00 The Simpsons		9.00 Film: Knives Out			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Law & Order: Criminal Intent		10.00 Doc	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 A Knight of the Seven...	9.40 Task		
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army		8.20 Only Fools and Horses				10.20 This Time with Alan...
	111 U&DAVE	◂ 6.40 Mortimer & Whitehouse: Gone...		8.00 Guy Martin: Proper Jobs		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	◂ 6.05 Agatha Christie's Marple		8.00 Midsomer Murders				10.00 Vera	
	120 ITV4	7.00 Darts: The World Masters – Live: The semi-finals and final							
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Nine to Five			
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine							
	113 SKY MAX	7.00 Fear the Walking Dead				9.00 Evil			
	109 U&ALIBI	7.00 Murdoch Mysteries		8.00 Father Brown		9.00 Death in Paradise		10.00 Father Brown	
	124 SKY ARTS	◂ 6.55 Film: The Adventures of Sherlock Holmes			8.30 Film: On the Beach				
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Barnwood Builders		10.00 Mud Madness	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Treetop Cat Rescue		9.00 Alaskan Bush People: Bushcraft...		10.00 Tanked	
	129 NAT GEO	7.00 Lost Treasures of Rome		8.00 Gladiators: Warriors of the Ancient...		9.00 Colosseum: Rise and Fall		10.00 Lost Gold of the Dark Ages: Treasure...	
	123 SKY HISTORY	◂ 6.55 Pharaohs at War							
	155 U&YESTERDAY	◂ 6.15 Incredible...	7.35 Robson Green's Weekend Escapes			9.00 Flipping Bangers		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Becoming Madonna				9.00 Film: Robin Williams: Come Inside My Mind			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.10 The Ballad of Wallis Island		8.00 The Naked Gun			9.40 The Cut		
	302 FEEL GOOD	◂ 6.10 Dumb and Dumber		8.00 Ted				9.50 Ted 2	
	303 BUDDY FILMS	◂ 6.25 The Naked Gun 2½: The Smell of Fear		8.00 The Naked Gun 33⅓: The Final Insult			9.30 The Naked Gun		
	304 GREATS	◂ 6.00 Raiders of the Lost Ark		8.00 Indiana Jones and the Temple of Doom				10.00 Indiana Jones and the Last Crusade	
	305 ANIMATION	◂ 5.45 The Lego Batman...	7.40 The Lego Movie				9.30 Extinct		
	306 FAMILY	◂ 6.00 Babe	7.35 The Golden Compass				9.35 Stardust		
	307 SPIDER-MAN	◂ 6.35 The Amazing Spider-Man 2				9.00 Spider-Man			
	308 COMEDY	◂ 6.20 The Wedding Singer		8.00 The Hangover				9.45 The Hangover Part II	
	309 THRILLER	◂ 6.35 Hallow Road		8.00 Vanilla Sky					10.20 American Gangster
	310 DRAMA	◂ 5.55 Darkest Hour		8.00 A Star Is Born					10.20 Birdy
	311 SCI-FI	◂ 6.00 Godzilla x Kong: The New Empire		8.00 I Am Legend				9.45 The Lawnmower Man	
	313 FILM4	◂ 6.45 Gemini Man				9.00 Daredevil			
SPORT	401 MAIN EVENT	7.00 FIFA Women's Champions Cup – Live (Kick-off 6.00)			8.30 PGA Tour Golf – Live: The Farmers Insurance Open				
	402 PREMIER LEAGUE	◂ 4.00 Super...	7.30 Super Sunday: Extra Time		8.30 Transfer 360		9.30 SNF	10.00 Premier League Highlights	
	403 FOOTBALL	◂ 5.30 FIFA Women's Champions Cup – Live (Kick-off 6.00)			8.30 EFL Goals		9.30 WSL	10.00 EFL Highlights	
	405 CRICKET	7.00 WPL							
	410 TNT SPORTS 1	◂ 6.00 Australian...	7.30 Serie A – Live: Parma v Juventus (Kick-off 7.45)					9.45 UEFA Europa League & Conference League...	
	411 TNT SPORTS 2	7.00 T20 Super Smash		8.01 Women's T20 Super Smash		9.00 The Monuments		10.00 UFC	

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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Sunday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
7.50 **Match of the Day** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Sunday Morning** New edition (S)
11.30 **Homes Under the Hammer** From Great Yarmouth. (S)(R)
12.30 PM **Bargain Hunt** (S)(R)(AD)
1.15 **BBC News** (S)
1.30 **Songs of Praise** New edition (S)
2.05 LIVE **Match of the Day: Women's Super League** Manchester City v Chelsea: The top-flight match from the Etihad Stadium. Kick-off is at 2.30. (S)
4.40 **Gladiators** 3/11. Sabre locks horns in a punishing Duel, and Legend sparks controversy in a no-holds-barred Hang Tough. (S)(R)(AD)
5.40 **BBC News** (S)
5.50 **Local News** (S)

8.00 Call the Midwife

6 PM

6.00 **Countryfile** New edition John Craven and Margherita Taylor visit the Blenheim Estate in Oxfordshire, where the 300-year-old palace is undergoing a once-in-a-lifetime conservation project. (S)

7 PM

7.00 **Antiques Roadshow** Fiona Bruce presents the show from Pitzhanger Manor in Ealing, West London, where finds include an engagement ring, a note by Oscar Wilde and a 1930s Olympic medal. (S)(R)

8 PM

8.00 **Call the Midwife** New episode 4/8. Sister Catherine is distraught when a baby is snatched from the maternity home, and the Turners grow increasingly concerned about Christopher. (S15) (S)(AD)

9 PM

9.00 **The Night Manager** Series finale 6/6. Pine works with Teddy to bring down Roper's Colombia coup from the inside. But Hanson has found a new ally of his own. *See feature, page 7.* (S2) (S)(AD)

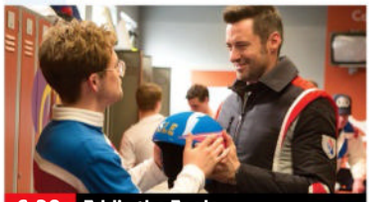
10 PM

10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 **Match of the Day** The latest Premier League action, including Manchester United v Fulham and Tottenham Hotspur v Manchester City. (S)
11.40 **The Women's Football Show** Highlights of the weekend's games in the Super League, including Manchester City v Chelsea and Manchester United v Liverpool. (S)
12.30 AM **The Graham Norton Show** The host is joined by Halle Berry, Chris Hemsworth, John Bishop and Rachel McAdams. Plus, music from Jessie Ware. (S)(R)
1.20 **Weather for the Week Ahead** (S)
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.25 AM **Take a Hike** (S)(R)
6.55 **Countryfile** (S)(R)
7.50 **Breakfast** (S)
9.00 **My Kind of Town** New editions (S)
10.00 **Saturday Kitchen Best Bites** New edition With Jo Brand. (S)
11.30 **Mary Berry: Love to Cook** (S)(R)
12.00 NOON **Best Bakes Ever** (S)(R)
12.20 PM **Monty Don's Rhineland Gardens** 3/3. Monty concludes his trip in the Netherlands. (S)(R)(AD)
1.20 **Clive Myrie's African Adventure** 2/10. A visit to Durban. (S)(R)(AD)
1.50 **Flog It!** From Derbyshire. (S)(R)
2.45 FILM **A Bridge Too Far** Richard Attenborough's epic fact-based war drama, starring Dirk Bogarde. (S) (1977, 15, 170min) ★★★
5.35 **Ski Sunday** Ed Leigh and Chemmy Alcott present the latest news and action from the piste. (S)



6.20 Eddie the Eagle

6.20 FILM **Eddie the Eagle** Biopic of British underdog ski jumper Eddie Edwards, who became a national sensation during the 1988 Winter Olympics. Stars Taron Egerton, Hugh Jackman, Christopher Walken and Keith Allen. (S)(AD) (2016, PG, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

8.00 **Top Gear Winter Olympics Special** The team head to Norway to see how a selection of cars fare at Olympic events, including firing a rocket-powered Mini off a ski jump. (S)(R)(AD)

9.00 **Confessions of a Killer** Series finale 2/2. Colin Howell recounts the aftermath of the murders of Lesley Howell and Trevor Buchanan. (S)(AD)
■ Entire series on BBC iPlayer

10.00 FILM **Saltburn** Black comedy thriller starring Barry Keoghan and Jacob Elordi. A working-class Oxford University student befriends an aristocrat and is drawn into a dangerous cycle of lust and envy. (S) (2023, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.00 M'T FILM **Cyrano** Musical romance starring Peter Dinklage. Wordsmith Cyrano de Bergerac is too self-conscious to woo the love of his life, so helps a handsome but shy friend to win her heart. (S)(AD) (2021, 12, 115min) ★★★
1.55 AM **Sign Zone: Question Time** From King's Lynn. (S)(R)
2.55 **Sign Zone: Waterloo Road** (S)(R)
3.55 **to 6.05** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **James Martin's Saturday Morning** With Francis Rossi. (S)(R)
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition With guest Ainsley Harriott. (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition (S)
11.30 **Tour de Fred: Ireland – Part Deux** Series finale 5/5. Fred is joined by his daughter Andrea Spendolini-Sirieix in West Cork. (S)
12.30 PM **ITV News** (S)
12.45 LIVE **Racing** Coverage from Musselburgh and Leopardstown. (S)
4.00 **Millionaire Hot Seat** Quiz show hosted by Jeremy Clarkson. (S)(R)
4.30 **ITV News** (S)
4.45 **Local News** (S)
5.00 **Wheel of Fortune** Game show with Graham Norton. (S)(R)(AD)

7.00 The Floor

6.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are about logic and common sense, with 100 contestants having a chance of winning up to £100,000. (S)(R)(AD)

7.00 **The Floor** New edition The competition is heating up with just 49 players left as Rob Brydon hosts another tense round of quiz duels, with each win expanding a player's territory. (S)(AD)

8.00 **Ant & Dec's Limitless Win** New edition Ant and Dec welcome back brothers Alistair and Ashley to finish their game, before Denise and her nephew Pablo get their chance to take on the Limitless Ladder. (S)(AD)

9.00 **After the Flood** New episode 5/6. Jo and Sam interrogate Donna, who yields a revelation that points fingers once again at the Benson family. (S2) (S)(AD)
■ Concludes tomorrow

10.00 **ITV News** (S)
10.15 **Long Lost Family** Mandy is set on finding the big sister she never knew she had, while Jane wants to find her long-lost brother. (S)(R)(AD)
11.15 **The Hunting Wives** New episode *Shooting Star:* 7/8. Sophie and Margo join forces. (S)(AD)
12.15 AM Series finale *Sophie's Choice:* 8/8. Salazar discovers another crime scene. (S1) (S)(AD)
■ Entire series on ITVX
1.15 **Teleshopping**
3.00 **The Hunting Wives** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Prue Leith's Cotswold Kitchen** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.00 AM **The King of Queens** (S)(R)(AD)
7.10 **Everybody Loves Raymond** 21-23/25. (S2) (S)(R)(AD)
8.30 **Frasier** 4-6/25. (S11) (S)(R)(AD)
10.00 **Sunday Brunch** New edition With Ardal O'Hanlon, Seann Walsh, Louise Thompson, Keala Settle, Fury and Only the Poets. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
2.20 **The Dog House** (S)(R)(AD)
3.25 **A Place in the Sun** A man seeks a 'forever home' in the Coimbra region of central Portugal. (S)(R)
4.25 **George Clarke's Amazing Spaces** Two brothers turn a battered bus into an ice cream van. (S)(R)(AD)
5.25 **News** (S)
5.55 **Britain's Railway Empire in Colour** 2/2. How railways expanded across the British Empire as the 20th century dawned. (S)(R)(AD)

6.45 Mission to Space

6.45 **Mission to Space with Francis Bourgeois** Series finale 2/2. Francis is pushed to his limits and finds solace in engineering. Reconnecting with his love of machines, he realises there may be other ways to reach for the stars. (S)(AD)
■ Entire series on C4 Streaming

7.45 **The Great Pottery Throw Down** New edition 5/10. Siobhán McSweeney hosts as the remaining potters create retro holiday souvenir sets inspired by seaside towns and take on a surprise second challenge making candlestick holders. With judges Keith Brymer Jones and Rich Miller (S)(AD)

9.00 NEW SERIES **Secret Genius** 1/6. Alan Carr and Susie Dent host a show in which people from across the UK put their brain power to the test. *See feature, page10.* (S)(AD)
■ Continues tomorrow

10.05 **Celebrity Gogglebox** Famous viewers share their thoughts on shows including *Noel Edmonds' Kiwi Adventure, Celebrity Puzzling, Capital's Summertime Ball* and *Long Way Home*. (S)(R)(AD)
11.00 **8 Out of 10 Cats Does Countdown** Comedy quiz. (S)(R)
12.00 M'T FILM **Made in Italy** Comedy drama starring Liam Neeson. (S) (2020, 15, 95min) ★★★
1.35 AM **Ramsay's Hotel Hell** (S)(R)
2.25 **The Simpsons** (S)(R)(AD)
3.40 **Couples Come Dine with Me** (R)
4.30 **Kirstie's House of Craft** (S)(R)
4.50 **Kirstie and Phil's Love It or List It**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.10 **Bargain-Loving Brits in the Sun** Double bill. (S)(R)
11.05 **Majorca: Jewel of the Med** Double bill of editions. (S)(R)
1.05 PM **Cruising with Jane McDonald** Double bill. (S)(R)
3.05 **Inside the Tower of London** The Tower plans its most ambitious installation for the Queen's Platinum Jubilee, which involves turning the moat into a flower meadow. (S)(R) **4.05** The staff continue work on the transformation of the moat into a huge floral display. (S)(R)
5.00 **The Great Fire of London with Rob & Ruth** Examining one of the pivotal events in London's history. (S)(R)

9.00 The Beckham Feud

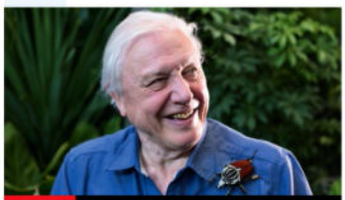
6.25 **News** (S)
6.30 NEW SERIES **Britain's Worst Weather Disasters** 1/2. The most extreme weather events to hit the UK, from devastating floods and ferocious storms, to deep-freeze blizzards and record-breaking heat. The first edition looks at the whiteout chaos of 2018's Beast from the East, and the storm surge of 2013 that battered the east coast. (S)
8.00 NEW SERIES **22 Kids & Counting** The Radfords' eldest daughter Sophie confesses to problems with her marriage, while Millie and Harley's little girl Ophelia prepares to start school. (S)
9.00 NEW **The Beckham Feud: Truth & Lies** Documentary looking at Brooklyn Peltz Beckham's allegations against his parents David and Victoria in the wake of him lifting the lid on years of private drama in an Instagram post. (S)
10.30 **When TV Goes Horribly Wrong** Richard Bacon narrates a look at disasters featuring the nation's best-loved TV hosts, with less-than-perfect moments from Denis Tuohy and Anne Diamond. (S)(R)
12.30 AM **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S10) (S)(R)(AD)
3.50 **Rich House, Poor House** (S)(R)
4.40 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Stop, Search, Seize** (S)(R)
9.00 **The Office (US)** (S1&2) (S)(R)
11.00 LIVE **Football: WSL** Manchester United v Liverpool: The Women's Super League encounter from Leigh Sports Village. Kick-off is at 11.55.
2.30 PM **The Simpsons** Four episodes, including at: **4.00** *Bart's Dog Gets an F:* Bart attempts to train Santa's Little Helper. (S)(R)
4.30 **Micro Monsters with David Attenborough** Exploring battles and rivalries within the world of bugs. (S)(R)(AD) **5.00** How creepy-crawly predators defuse the defences of their prey. (S)(R)(AD) **5.30** A look at courtship in the bug world. (S)(R)(AD)


4.30 Micro Monsters

6.00 **A League of Their Own: Mexican Road Trip** 4/6. Jamie, Jill, Micah and Mo explore the city of La Paz, where they have to photograph a sea lion colony while scuba diving. (S)(R)(AD)
7.00 **Rob & Romesh vs Team GB: Winter Special** 1/2. Rob and Romesh try their hands at winter sports, with expert help from Eddie 'the Eagle' Edwards and Eve Muirhead. (S)(R)
8.00 **Rob & Romesh vs Team GB: Winter Special** 2/2. The comedians conclude their foray into the world of winter sports at the World Curling Championships in Fredericton, Canada. (S)(R)
9.00 **Evil** *Exorcism – Part Two:* 9/13. David is shocked to learn that he is being sued for inflicting severe psychological harm on a woman he helped exorcise. (S)(R)
10.00 **Evil** *7 Swans a Singin':* 10/13. Kristen, David and Ben are called to investigate an insidiously addictive Christmas song that's spreading among an increasing number of students (S1) (S)(R)
11.00 **Saturday Night Live** Satirical American sketch show. (R)
12.30 AM **Karl Pilkington: The Moaning of Life** Karl meets a group of vigilante superheroes in San Diego. (S)(R)(AD)
1.30 **The Force: North East** (S)(R)
2.30 **Brit Cops: Rapid Response** Officers on patrol. (S)(R)(AD)
3.30 **to 6.00** AM **Nothing to Declare** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show New edition (S) **11.40pm** Sportscene: Premiership Highlights (S)(R) **12.40am** The Women's Football Show (S) **1.30** The Graham Norton Show (S)(R) **2.20** Weather for the Week Ahead (S) **2.25-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
10.00-10.30am Politics Wales (S) **4.40pm** Back in the Day (S)(R) **5.10-5.40pm** Bear Grylls: Wild Reckoning New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm Réiteoir! (S)(R) **11.00** Sunday Politics Northern Ireland (S)(R) **11.30** FILM Saltburn (S)(AD) (2023, 15, 120min) ★★★★ **1.30am** Barra on the Foyle (S)(R) **1.50-1.55am** The Chronicles of Strangford (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Gronyn Gobaith: Cymry Cern **10.00** Cynefin **11.00** Sain Ffagan **11.30** Dechrau Canu Dechrau Canmol **12.00noon** Ralïo+ **12.30pm** Cartrefi Cymru **1.00** Y Deis **1.30** Y Fets (AD) **2.00** Dim Cwsg i Quinnell (AD) **2.30** Adeiladu'r Freuddwyd: Camp Out West **3.00** Antur y Gorllewin **3.55** Ffermio **4.25** Clwb Rygbi **6.10** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol New edition **8.00** Priodas Pum Mil New edition **9.00** Dal y Mellt New episode (AD) **10.00** Foden: O Brifathro I Bedoffeil **11.00-11.50pm** 24 Awr Newidiodd Gymru

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** The Mitchells demand answers. **7.30** Elaine and Ian's feud gets out of hand. **8.00** Vicki faces Joel in court as his trial begins. **8.30** Emotions run high in court Avani takes the stand.
9.00 NEW SERIES **Long Story Short: True Love and Wormholes** Short films by new writers and directors.
9.15 **Long Story Short: Pineapple** New episode
9.30 **Long Story Short: Peak Male Excellence** New episode
9.45 **Long Story Short: Beyond** New episode
10.00 **Long Story Short: Doppelganger** New episode
10.15 **Long Story Short: Privileged** New episode
10.30 **Long Story Short: Jealous People Are Ugly People** New episode
10.40 **RuPaul's Drag Race UK vs the World** 1/8.
12.00 M'T **The Traitors Ireland**
3.25 **to 3.55** AM **Long Story Short...**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Come Dancing 1978: Grand Final** Terry Wogan hosts the final of the ballroom-dancing contest.
7.40 **Wogan's Best of Blankety Blank** With Lorraine Chase, Elaine Stritch and Val Doonican.
8.10 **Wogan: The Best Of** Terry looks back on his interviews with British acting talent, including Judi Dench, Helen Mirren, Julie Walters, and Kenneth Branagh.
8.55 **Mark Lawson Talks to Terry Wogan** An interview with the veteran broadcaster.
9.55 **The Lady from the Sea** A 1974 dramatisation of Henrik Ibsen's play about a woman's marriage issues and her pursuit of happiness and love elsewhere.
11.45 **Mañana** A performance of Arthur Benjamin's opera.
1.00 AM **Sound Waves: The Symphony of Physics**
2.00 **Come Dancing 1978: Grand Final** As 7.00pm.
2.40 **to 3.25** AM **Wogan: The Best Of**

MORE4

136/137 127 147 18 124 15

8.55 AM **Come Dine with Me**
11.30 **A Place in the Sun**
3.05 PM **Kirstie and Phil's Love It or List It** From Leeds.
4.10 **Location, Location, Location** From Weybridge.
5.15 **Four in a Bed** The competition kicks off at the Laurel Bank Hotel in Fife. **5.50** The second visit of the week is to Hidden Horizon Glampsite in Clydebank. **6.20** The third visit of the week is to Lemonfield Hotel in Seaburn, Sunderland.
6.50 **Four in a Bed** The final visit of the week is to the Grays Hotel in Blackpool. **7.25** Payment Day arrives.
7.55 **The Dog House** An American bulldog throws his weight around with intrepid Manchester couple Katie and James.
9.00 **999: On the Front Line** A patient with diabetes collapses with dangerously high blood sugar levels.
10.00 **24 Hours in A&E** After a woman collapses, doctors fear she is not getting enough blood to the brain, and a law student is treated for a condition that causes his ribs to grow inwardly.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Supermarkets Unwrapped: The Freezer Aisle**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.10 **Rude(ish) Tube Shorts**
7.30 **Modern Family**
10.00 **Don't Spook the Bride**
11.00 **Don't Tell the Bride**
12.00 NOON **Ramsay's Kitchen Nightmares USA**
3.55 PM **The Simpsons**
5.50 FILM **Sister Act 2: Back in the Habit** Comedy sequel starring Whoopi Goldberg. A nightclub singer gets back into a nun's habit to help save a Catholic school. (1993, PG, 107min) ★★
8.00 **The Simpsons** New episodes *Bottle Episode:* Homer transports a million-dollar bottle of wine to Mr Burns' mansion. **8.30** *The Flandshees of Innersimpson:* Bart's career as a DJ somehow leads to Flanders vowing never to speak to Homer again.
9.00 FILM **Knives Out** Crime comedy thriller starring Daniel Craig, Chris Evans and Ana de Armas. The apparent suicide of a wealthy crime novelist is investigated by a private detective. With Jamie Lee Curtis, Michael Shannon and Toni Collette. (2019, 12, 130min) ★★★★★
11.35 **Gogglebox**
1.40 AM **The Inbetweeners**
2.45 **Naked Attraction**
3.35 **Gogglebox**
4.30 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime primetime

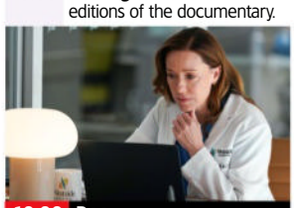
SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **Border Security USA**
9.00 **Stop, Search, Seize**
10.00 **Border Patrol**
12.00 NOON **UK Border Force**
1.00 PM **Customs UK** Officers from the cutter *Searcher* board a suspicious yacht off the coast of Cornwall. **1.30** A man is caught smuggling cocaine in Bristol.
2.00 **Nothing to Declare**
3.00 **Police 24/7** Double bill.
5.00 **Nothing to Declare** Four editions of the documentary.


10.00 Doc

7 PM
7.00 **Nothing to Declare** Frog fat is found in a Korean woman's luggage. **7.30** Officers seize a stash of pornography.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Law & Order: Criminal Intent** *Legacy:* 19/22. Goren and Eames investigate a student's apparent suicide. (S7)

10 PM
10.00 **Doc** *Chief:* 10/22. Jake and TJ try to help a distraught woman figure out why her daughter is in a coma. (S2)
11.00 **Fire Country** 3/22. (S1)
12.00 M'T **Law & Order: Criminal Intent** 15/22. (S7)
1.00 AM **Law & Order: Special Victims Unit** 4/22. (S26)
2.00 **Road Wars** Triple bill.
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **Game of Thrones** (S3)
2.30 PM **Game of Thrones** 1/10. Jon Snow finds himself on trial at Castle Black. **3.35** 2/10. The day of King Joffrey's wedding to Margaery Tyrell arrives. **4.40** 3/10. Dontos spirits Sansa out of King's Landing. **5.45** 4/10. Jaime finally visits Tyrion in jail after some persuasion from Bronn. **6.50** 5/10. Jon Snow and his men attack the mutineers at Craster's Keep. (S4)

9.40 Task

7.55 **Game of Thrones** *The Laws of Gods and Men:* 6/10. Tyrion's trial begins in the throne room and he is stunned by the identity of one of the witnesses. (S4)

9.00 **A Knight of the Seven Kingdoms** *Hard Salt Beef:* 2/6. Dunk makes appeals to various lords. (S1)
9.40 **Task** *Family Statements:* 2/7. Tom prepares for a court appearance. (S1)
10.50 **Game of Thrones** *Mockingbird:* 7/10. Jon's warnings about the Wall fall on deaf ears. (S4)
11.50 **Game of Thrones** (S4)
3.00 AM **A Knight of the Seven Kingdoms** New episode 3/6. Dunk teaches his Egg an important skill. (S1)
3.40 **Game of Thrones** 4/6. (S8)
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Highway Patrol**
8.00 **Hawaii Five-0** (S10)
11.00 **Stargate Universe** Five episodes, including at: **3.00** PM 20/20. Rush discovers a binary pulsar is emitting deadly radiation. (S1)
4.00 **Fear the Walking Dead** 1/16. The Clark family must work together when they find themselves in a predicament. **5.00** 2/16. Strand attempts to hold power over his domain. **6.00** 3/16. Alicia and Nick fall in with new crowds. (S3)

8.00 Fear the Walking Dead

7.00 **Fear the Walking Dead** *100:* 4/16. A mysterious character becomes tied to the struggle over a key resource.

8.00 **Fear the Walking Dead** *Burning in Water, Drowning in Flame:* 5/16. A new threat reveals itself to Madison and Troy. (S3)

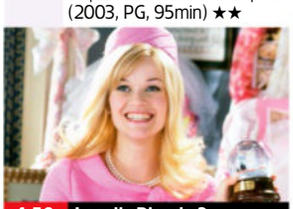
9.00 **Evil** *Exorcism – Part Two:* 9/13. David learns he is being sued for inflicting psychological harm on a woman he helped exorcise.

10.00 **Evil** *7 Swans a Singin':* 10/13. Kristen, David and Ben are called to investigate an insidiously addictive song. (S1)
11.00 **Rob & Romesh vs Bollywood** The duo travel to Mumbai with the aim of earning roles in a Bollywood movie.
12.00 M'T **The Force: North East**
2.00 AM **Brit Cops: Rapid Response** Documentary.
3.00 **Brit Cops: Law & Disorder**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Totally Bonkers Guinness World Records**
7.40 **Dress to Impress**
8.40 **The Only Way Is Essex**
10.35 **Deal or No Deal**
12.35 PM **Wheel of Fortune**
1.35 **The Masked Singer**
3.05 **FILM Hotel Transylvania** Animated family comedy. (2012, U, 91min) ★★★★
4.50 **FILM Legally Blonde 2: Red, White & Blonde** Comedy sequel with Reese Witherspoon. (2003, PG, 95min) ★★


4.50 Legally Blonde 2

6.55 **FILM Coyote Ugly** Music drama starring Piper Perabo, Adam Garcia and Maria Bello. An aspiring singer-songwriter gets a job in a rowdy New York bar while pursuing her dreams of stardom. With John Goodman. (2000, 12, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island: All Stars** New edition Former Islanders get another shot at finding the one.

10.05 **Olivia Attwood: Getting Filthy Rich** New edition 3/6. Olivia explores the surprisingly lucrative world of the foot fetish.
11.05 **Family Guy** 19/20. Stewie and Brian search for Mort. **11.35** 14/20. Animation. (S16)
12.05 AM **American Dad!** (S13)
1.05 **Piglets** 3/6. (S2)
1.35 **Transaction** 5/6. (S1)
2.05 **Count Abdulla** (S1)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Inspector Morse**
10.25 **FILM Carry On Behind** Comedy with Kenneth Williams. (1975, PG, 90min) ★★
12.10 PM **Agatha Christie's Marple**
2.10 **Rosemary & Thyme**
4.10 **McDonald & Dodds** 1/4. A young woman dies in a busy park and the uncovering of her identity leads Dodds to confront his own secrets. (S3)
6.05 **Agatha Christie's Marple** *Why Didn't They Ask Evans?* The sleuth solves the riddle of a dying man's last words.

6.05 Agatha Christie's Marple

Agatha Christie's Marple (started at 6.05pm)

8.00 **Midsomer Murders** *A Worm in the Bud:* The apparent suicide of a childless farmer's wife puts Barnaby on the scent of an ancient land feud involving witchcraft, potions, infidelity and murder. Guest stars Wendy Craig.

10.00 **Vera** *The Moth Catcher:* DCI Stanhope investigates when two people are murdered at a remote country house.
11.50 **Coldwater** 3/6. Tommy and Rebecca discover their son Cameron has gone missing. **12.50** AM 4/6. John is full of regret over his friendship with Tommy and attempts to voice his suspicions to Fiona. (S1)
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

10.30 AM **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** Action from Celtic v Falkirk at Celtic Park and Hibernian v Rangers at Easter Road.
8.15 **The Repair Shop on the Road** Dominic Chinea and the team rescue a beloved spider slide for a community centre in Dunblane.
9.00 **NEW Lover, Liar, Predator** Four survivors of the same dangerous man join forces to bring him to justice.
10.30 **Still Game** 1/6. Jack and Victor discover that gadgets make life anything but easier. (S7)
11.00 **Scot Squad** 5/5. Squire and McGill are on a lengthy stakeout. (S7)
11.30 PM **to 12.00** M'T **The Sunday Show**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
10.30 **Ballers** 5–8/10. (S1)
12.55 PM **Sex and the City**
4.00 **Community** (S4&5)
6.30 **The Office (US)** 5/22. Michael is ordered to fire one employee. **7.00** 6/22. Dwight embarrasses Michael. **7.30** 7/22. Michael and Jan try to woo a potential new client. **8.00** 8/22. Michael gives the staff a performance evaluation. **8.30** 9/22. Michael starts monitoring e-mails sent from the office. (S2)
9.00 **Saturday Night Live** New episode Satirical American sketch show.
10.30 **Romesh: Can't Knock the Hustle** 1/4. Romesh Ranganathan travels across India, USA, South Korea and Canada.
12.00 M'T **Saturday Night Live**
1.25 AM **And Just Like That...**
3.15 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **FILM Kiss Me, Kate** Musical. (1958, U) ★★★
9.00 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
12.00 NOON **Landscape Artist of the Year**
1.00 PM **Mozart: Genius for Hire** Documentary.
2.30 **Mozart's Women: A Musical Journey**
4.00 **Discovering**
4.30 **Classic Artists: Cream**
6.55 **FILM The Adventures of Sherlock Holmes** Thriller. (1939) ★★★★★
8.30 **FILM On the Beach** Drama. (1959, b/w, PG, 134min) ★★★★
11.00 **Ella Fitzgerald: Just One of Those Things**
1.00 AM **Ray Charles: Live at Montreux**
2.30 **Isle of Wight Festival**
3.45 **Johnson & Knopfler's Music Legends**
4.45 **Classic Albums**
5.45 **to 6.00** AM **Opera North's Resonance**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Star Trek: The Next Generation** (S6)
2.00 PM **FILM Don't Tell Mom the Babysitter's Dead** Comedy starring Christina Applegate. (1991, 15, 105min) ★★★
4.00 **Arctic Secrets**
6.00 **Arctic from Above**
7.00 **Caught Red Handed**
9.00 **Rob & Romesh vs Ballet** Rob and Romesh perform in *Swan Lake*.
10.00 **Brassic** *The Fish:* 4/6. A disgruntled woman hires the boys to kill her ex-husband's prized koi carp collection. (S1)
11.00 **Never Mind the Buzzcocks** With guests Mike Wozniak, Jax Jones and Ella Henderson.
11.45 **Caught on Dashcam**
12.45 AM **Killer in My Village**
1.40 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **In with a Shout** Game show with Joel Dommett.
4.00 **Time Is Money** Sara Davies hosts the quick-fire quiz show.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show as contestant Becca tries to open the 22 red boxes in the right order for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Millionaire Hot Seat** Double bill of the quiz show hosted by Jeremy Clarkson.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable**
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **Kirstie and Phil's Love It or List It**
3.00 **Find It, Fix It, Flog It**
5.00 **A Place in the Sun** Four editions, including at: **8.00** Leah Charles-King helps a couple from Cornwall find a holiday home in Almería, Spain.
9.00 **Celebrity Gogglebox** Famous faces appraise *Coronation Street, Love Island* and *Countdown*.
10.00 **FILM Transporter 3** Thriller sequel with Jason Statham and Natalya Rudakova. (2008, 15, 103min) ★★★
12.05 AM **FILM The Day Shall Come** Crime comedy with Andrel McPherson and Miles Robbins. (2019, 15, 87min) ★★
1.50 **24 Hours in Police Custody: Burying Horror**
2.55 **Manhunt** Police deal with urgent manhunts.
3.55 **to 4.55** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **Auto Mundial**
6.50 **Motorsport Mundial**
7.20 **Cadfael**
9.00 **English Football League Highlights** Recent action.
10.30 **The Big Match Revisited**
12.35 PM **Great Racehorses**
1.00 LIVE **Darts: The World Masters** Coverage of the afternoon session on the fourth day staged at Arena MK, featuring quarter-finals.
5.00 **American Pickers** Double bill.

7.00 Darts: The World Masters

7.00 LIVE **Darts: The World Masters** Coverage of the evening session on the fourth day from Arena MK in Milton Keynes, featuring the semi-finals and final, played over the best of seven sets. Luke Humphries was champion last year, prevailing 5-2 against Danny Noppert in the last four before edging past Jonny Clayton 6-5 in the final. With Pete Graves, Chris Mason, Wayne Mardle and Mark Webster.

11.00 **English Football League Highlights** Recent action.
12.30 AM **Startup** Series finale 10/10. Nick and Izzy hash out their differences. (S1)
1.20 **Minder**
2.20 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 FILM **DC Down** Thriller with Jack Pearson and Sean Young. (2023, PG, 82min) ★★
1.00 PM **Stargate SG-1** Five episodes, including at: **4.00** 3/22. Jack and the team are banished to a penal world. **5.00** 4/22. The team have a terrifying experience. (S2)
6.00 **Star Trek: Deep Space Nine** 12/26. Kira goes into labour, and Odo buys an infant Changeling from Quark. (S5)

11.00 Cast a Deadly Spell

7.00 **Star Trek: Deep Space Nine** *For the Uniform:* 13/26. Sisko risks it all to catch a rebel who has joined the Maquis.
8.00 **Star Trek: Deep Space Nine** *In Purgatory's Shadow:* 14/26. Part one of two. Worf and Garak are taken prisoner.
9.00 **Star Trek: Deep Space Nine** *By Inferno's Light:* 15/26. Cardassia prepares to invade the Alpha Quadrant.
10.00 **Star Trek: Deep Space Nine** *Doctor Bashir, I Presume?* 16/26. A dark secret from Bashir's past comes to light. (S5)
11.00 FILM **Cast a Deadly Spell** Occult fantasy thriller starring Fred Ward and David Warner. (1991, 15, 93min) ★★★★
1.00 AM FILM **Witch Hunt** Fantasy starring Dennis Hopper. (1994, 18, 100min) ★★
3.00 **Fact or Faked: Paranormal Files** Glowing orbs.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown**
4.00 PM **Alaska Daily** 7/11. The stakes are high when Eileen is taken hostage in the newsroom. As the clock ticks down, the team race to help before it's too late. **5.00** 8/11. Bleak budgets loom for the paper, and new discoveries about Gloria's death highlight leads that could reclassify the case. (S1)
6.00 **Father Brown** As 11.00pm.

8.00 Father Brown

7.00 **Murdoch Mysteries** New episode *Unearthing the Past:* 4/21. Murdoch tries to track down Terrence Meyers. (S19)
8.00 **Father Brown** *Jackdaw's Revenge:* The priest must protect those closest to him when an old foe is released from prison.
9.00 **Death in Paradise** *Flames of Love:* 8/8. A student backpacker is found dead with a gun in her hand. (S5)
10.00 **Father Brown** *The Angel of Mercy:* The sleuthing priest is suspicious when Mrs McCarthy's friend dies in her sleep.
11.00 **Father Brown** *The Kembleford Dragon:* The sleuth must stop a much-loved institution from going off the rails when the stationmaster is murdered.
12.00 M'T **Traces** 1/6. (S1)
1.00 AM **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Only Fools and Horses**
1.00 PM **Only Fools and Horses** Eight episodes, including at: **3.40** Del Boy jumps at the opportunity to decorate the local Chinese restaurant. **4.20** Del and Rodney agree to let Grandad accompany them on holiday abroad. **5.00** Del Boy seizes a once-in-a-lifetime opportunity to improve his social standing. **5.40** Raquel's father finds an old watch among the Trotters' junk, which he claims could net them a fortune at auction..

7.00 Only Fools and Horses

7.00 **Only Fools and Horses** Rodney starts going out with a police officer.
7.40 **Dad's Army** The platoon take a loose barrage balloon off to the woods to secure it to a tree.
8.20 **Only Fools and Horses** Del Boy tries to sell a pair of antique urns.
9.00 **Only Fools and Horses** Del Boy gets the gambling habit, much to the annoyance of Rodney. **9.40** Rodney finds a girlfriend, but she is old enough to be his mother.
10.20 **This Time with Alan Partridge** Alan delivers a hard-hitting exposé.
11.00 **This Time with Alan Partridge** Alan takes to the skies with a flight in a Spitfire, while his *This Time* co-host Jennie comes face to face with her online troll.
11.35 PM **to 4.00** AM **Only Fools and Horses**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Storage Hunters UK**
9.00 **Mortimer & Whitehouse: Gone Fishing** Double bill.
10.20 **Guy Martin: Proper Jobs**
11.20 **Top Gear** Double bill.
1.20 PM **Richard Osman's House of Games** Double bill.
2.40 **Hairy Bikers' Best of British**
4.40 **Simon Reeve's South America** The adventurer heads to Peru and Bolivia. **5.40** Simon visits Brazil.
6.40 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob fish the River Tay for salmon.

8.00 Guy Martin: Proper Jobs

7.20 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob fish for the predatory perch from the banks of the Upper Tamar Lakes.
8.00 **Guy Martin: Proper Jobs** New edition 2/4. Guy goes to work in the last deep mine in Britain. ■ Entire series on Box Sets
9.00 **Have I Got a Bit More News for You** Sue Perkins hosts the satirical quiz, with guests Michelle Wolf and Tom Peck.
10.00 **QI** With Jo Brand, Bill Bailey and Jimmy Carr.
10.40 **Mock the Week** With Ed Byrne, Rhys James, Olga Koch and Suzi Ruffell.
11.20 **Mock the Week** With Maisie Adam, Sophie Duker, Ed Gamble and Mark Simmons.
12.00 M'T **Live at the Apollo** With Emmanuel Sonubi, Troy Hawke and Olga Koch.
1.00 AM **QI XL**
2.00 **to 4.00** AM **Schitt's Creek**

+1 hour 211/212 327 74 259

Sunday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Murder, She Wrote**
10.05 **Blue Bloods** (S6)
3.00 PM **NCIS** Seven episodes, including at: **6.00** *Dead and Unburied:* 5/24. The body of a lance corporal is discovered in an empty house. **7.00** *Witch Hunt:* 6/24. Kidnappers strike on Halloween. **8.00** *Sandblast:* 7/24. A Marine colonel is killed in an explosion. **9.00** *Once a Hero:* 8/24. A former Marine falls to his death. (S4)
10.00 **Law & Order: Special Victims Unit** *Gone, Baby, Gone:* 9/24. Noah is kidnapped. (S19)
11.00 **Law & Order: Special Victims Unit** (S19&18)
1.45 AM **Criminal Minds**
2.45 **Murder, She Wrote**
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S10)
10.05 **Filthy Britain SOS**
11.05 **Shoplifters: Caught Red Handed**
12.05 PM **Shoplifters & Scammers: At War with the Law**
1.05 **Traffic Cops**
5.00 **Police Interceptors** Four editions, including at: **7.00** A suspected stolen Mini is pursued in icy Nottingham. **8.00** Police chase a stolen Renault until the driver crashes.
9.00 **Murder Suspect No 1** A man attacked by twin brothers in Hull.
10.35 **My Boyfriend, My Rapist: The Secret Footage** Documentary.
12.00 M'T **Murdered at First Sight** Breck Bednar.
1.00 AM **My Lover, My Killer**
2.00 **Skin A&E**
2.45 **Fights, Camera, Action!**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
11.00 **Ice Road Truckers**
4.00 PM FILM **Ace High** Spaghetti western starring Eli Wallach and Terence Hill. (1968, 15, 116min) ★★★
6.30 FILM **My Name is Nobody** Comedy western starring Terence Hill, Henry Fonda and Leo Gordon. (1973, 15, 115min) ★★★
9.00 FILM **The Quick and the Dead** Western starring Sharon Stone as a mysterious gunslinger who enters a gunfighting contest in a lawless town ruled by her deadly enemy. With Gene Hackman. (1995, 15, 108min) ★★★
11.05 **World's Deadliest Weather: Caught on Camera** Four editions.
3.10 AM **Winter Road Rescue** Documentary.
3.45 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.15 AM **My Family**
10.00 **Tipping Point**
1.00 PM **The Supervet: Noel Fitzpatrick**
6.00 **Pete Wicks: For Dogs' Sake** Pete helps to rehabilitate a group of ex-racing greyhounds.
7.00 **Inside the Ambulance** The crews try to reassure an elderly patient with a dislocated hip. **8.00** Paramedics treat a woman with dangerously high blood pressure.
9.00 **Inside the Operating Theatre** Double bill.
11.00 **One Born Every Minute** A Christian couple put their faith in God as well as the staff when things do not go to plan.
12.00 M'T **Inside the Ambulance**
12.30 AM **Tom Daley: Illegal to Be Me**
1.50 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.40 **The Bill**
12.40 PM **Call the Midwife**
3.20 **Catherine Cookson's The Black Candle**
5.40 **Last Tango in Halifax**
7.00 **Ladies in Black** New episode *Men in Briefs:* 5/6. Magda's attempt to capitalise on her success with a celebrity wedding dress leads to a risky experiment. (S1)
8.00 **Sister Boniface Mysteries** *Are Ye' Dancin'?* 3/8. Sister Boniface investigates when a member of a ceilidh band is slain. (S4)
9.00 **Silent Witness** *Fraternity:* A girl's murder forces Jack to confront his past.
11.15 **New Tricks**
12.35 AM **Call the Midwife**
1.55 **A Small Light**
3.00 **to 4.00** AM **Art Detectives**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **Adolf Hitler's War**
11.00 **Canal Boat Diaries**
2.00 PM **Motorhoming with Merton & Webster**
4.00 FILM **Operation Amsterdam** World War Two thriller starring Peter Finch. (1959, b/w, U, 104min) ★★★
6.15 **Incredible Journeys with Simon Reeve**
7.35 **Robson Green's Weekend Escapes**
9.00 **Flipping Bangers** Gus has his eye on a Citroën XM that looks amazing – but it's in France.
10.00 **Bangers & Cash** Paul collects a 1924 Rover 9 that's been in the same family since the 1950s. **11.00** Derek heads north to pick up a 1954 Morgan +4 coupe.
12.00 M'T **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Socialite Victoria Hervey looks for a rural property in Berkshire.
7.00 **Teleshopping**
8.00 **Celebrity Fantasy Homes** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **My Lottery Dream Home**
3.00 PM **Escape to the Country** Double bill.
5.00 **A Place in the Sun**
9.00 **Long Lost Family** A woman abandoned as a baby heads to Hong Kong for information about her origins. **10.00** The story of a man who discovered his late mother had led a complicated life before meeting his father.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Home to Roost**
8.30 **The Waltons** (S2)
1.30 PM **The Waltons** (S2)
4.30 FILM **Blue Murder at St Trinian's** Comedy with George Cole and Joyce Grenfell. (1957, b/w, U, 85min) ★★★
6.25 FILM **In the Line of Fire** Thriller starring Clint Eastwood as a veteran secret service agent trying to stop a killer assassinating the US president. With John Malkovich. (1993, 15, 127min) ★★★★
9.00 FILM **Men of Honor** Biographical drama with Cuba Gooding Jr and Robert De Niro. (2000, 15, 129min) ★★★
11.40 **Dear John** 6/7. (S2)
12.20 AM **Just Good Friends**
1.35 **Home to Roost** (S1)
2.05 **Rumpole of the Bailey**
3.00 **to 5.00** AM **Highway to Heaven**

+1hour 257

Great! Action

323 319 426 42 33

9.10 AM **Wanted: Dead or Alive** 1/32. (S2)
9.40 **The High Chaparral**
10.40 FILM **The Secret of Convict Lake** Western. (1951, PG, 83min) ★★
12.35 PM FILM **Jet Pilot** War drama with John Wayne. (1957, U, 112min) ★★
3.00 FILM **Rio Grande** Epic Western. (1950, b/w, U, 107min) ★★★★
5.25 FILM **The Horse Soldiers** Western. (1959, U, 115min) ★★
8.00 FILM **The High and the Mighty** Adventure. (1954, U, 147min) ★★★★
11.05 FILM **Alone We Fight** World War Two thriller. (2018, 15, 91min) ★★
1.05 AM **The Persuaders!**
3.00 **Police Ten 7**
3.35 FILM **Disaster Zone: Volcano in New York** Disaster movie. (2006, 12, 90min) ★★
5.15 **to 5.50** AM **Police Ten 7**

+1hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 FILM **Murder, She Baked: A Deadly Recipe** Crime drama. (2016, PG, 86min) ★★
11.00 **Murder, She Wrote** Ten episodes of the mystery.
9.00 PM FILM **Murder, She Baked: Just Desserts** Crime drama starring Alison Sweeney and Cameron Mathison. (2017, PG, 90min) ★★
10.55 FILM **Aurora Teagarden Mysteries: Reunited and It Feels So Deadly** Crime thriller starring Candace Cameron Bure. (2020, PG, 90min) ★★
12.50 AM FILM **Cruel Fixation** Mystery thriller starring Kristina Klebe. (2019, 12, 90min) ★★
2.30 FILM **Second Chances** Mystery thrilller. (2010, 12, 90min) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1hour 322

Great! Romance

319 317 424 52 47

8.10 AM FILM **For the Love of Chocolate** Comedy. (2021, PG, 85min) ★★
10.05 FILM **Sincerely, Yours, Truly** (2020, PG) ★★
12.00 NOON FILM **A Town Called Love** Drama. (2023, U, 89min) ★★
1.55 PM FILM **Falling for the Competition** Drama. (2023, U, 89min) ★★
3.50 FILM **The Movie Star and the Cowboy** Drama. (2023, PG, 92min) ★★
5.45 FILM **Vote One for Love** Drama. (2023, PG) ★★
7.40 FILM **A Lifelong Love** Drama. (2023, U) ★★
9.35 FILM **With Love, Your Sweetly Salted** Drama. (2023, U, 91min) ★★
11.35 FILM **Starting Up Love** Comedy. (2019, PG) ★★
1.25 AM FILM **Love, For Real** Comedy. (2021, PG) ★★
3.10 **to 5.00** AM FILM **Falling for the Competition** As 1.55pm.

+1hour 320

Rewind TV

182 81 141

6.00 AM **The Loss of the SS Schiller** Documentary.
6.30 **Sherlock Holmes**
7.30 **That's My Dog**
8.00 **The Lovers** (S1&2)
9.00 **The Fenn Street Gang**
10.00 **Bubblegum & Cheese**
11.00 **Boon** 12/13. (S2)
12.00 NOON **The Prime of Miss Jean Brodie**
1.00 PM **Lady Killers**
2.00 **The Champions**
3.00 **The Dustbinmen** (S3)
4.00 **That's My Dog**
4.30 FILM **The Steamie**
6.00 **Boon** 12/13. (S2)
7.00 **The Life of Edgar Briggs**
8.00 **Lady Killers** Ronald True.
9.00 **Dark Skies** 7/20. (S1)
10.00 FILM **Sex with the Stars**
12.00 M'T FILM **A Clock Work Blue** (1972, 18) ★★
1.45 AM **Hotel Amigo**
2.45 **The Prime of Miss...**
3.45 **Hank the Cowboy**
4.00 **Dark Skies** 7/20. (S1)
5.00 **to 6.00** AM **Stereo Underground**

DMAX

158 151 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Chasing Classic Cars**
2.00 PM **Kindig Customs**
5.00 **Ant Anstead: Born Mechanic** Double bill.
7.00 **Mysteries of the Deep** Investigating one of the Bermuda Triangle's most infamous disappearances. **8.00** Jeremy Wade explores the sinking of the mighty SS *Fitzgerald*.
9.00 **Lost Monster Files** A mystery involving the Wildman of Minnesota. **10.00** Investigating sightings of birds of prey in Chestnut Ridge.
11.00 **Expedition X** The team explore a Texas swamp. **12.00** M'T The team look into one of America's oldest witch stories. **1.00** AM The team hunt for the Jersey Devil.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food: Best Of**
9.00 **Man v Food**
10.30 **Man v Food: Best Of**
11.30 **Man v Food**
1.00 PM **James Martin's American Adventure**
3.00 **Great British Bake Off** Six editions, including at: **7.00** The amateur bakers tackle Bread Week. **8.00** Prue Leith and Paul Hollywood set three sticky challenges for Dessert Week.
9.00 **James Martin's American Adventure** The chef begins the Texan leg of his journey. **10.00** The chef arrives in Austin as he continues his culinary journey through Texas.
11.00 **Secret Eats with Adam Richman** Four editions.
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM FILM **7 Guardians of the Tomb** Adventure. (2018, 12, 90min) ★★
9.00 **The A-Team** (S3&4)
2.00 PM FILM **Silverado** Western drama. (1985, PG, 132min) ★★★
4.30 FILM **Five Guns West** Western with John Lund. (1954, PG, 78min) ★★
6.00 FILM **The Great Sioux Massacre** Western starring Joseph Cotten. (1965, U, 91min) ★★
8.00 **The Twilight Zone** (S4)
9.00 FILM **Scarface** Brian De Palma's crime thriller starring Al Pacino and Michelle Pfeiffer. (1983, 18, 163min) ★★★★★
12.20 AM FILM **Gun** Crime thriller starring Curtis Jackson and Val Kilmer. (2010, 18, 79min) ★★
1.55 FILM **Standoff** Thriller. (2015, 15, 92min) ★★★
3.40 **to 5.20** AM FILM **Prey** Horror adventure. (2018, 15, 85min) ★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 FILM **Asteroid v Earth** Sci-fi disaster movie. (2014, 15, 91min) ★★
12.00 NOON FILM **Tornado Warning** Sci-fi thriller starring Jeff Fahey. (2012, PG, 90min) ★★
2.00 PM FILM **Earthstorm** Sci-fi action drama with Stephen Baldwin. (2006, PG, 90min) ★★
4.00 **The Fall Guy** (S1)
9.00 FILM **Jory** Western with John Marley, Linda Purl and Robby Benson. (1972, 12, 97min) ★★★
10.55 FILM **Never Let Go** Thriller starring Angela Dixon and Nigel Whitmey. (2015, 15, 90min) ★★
1.00 AM FILM **Jory** (1972)
2.55 FILM **Dragonquest** Fantasy adventure starring Daniel Bonjour. (2009, 12, 90min) ★★
4.55 **to 6.00** AM **The Twilight Zone**

+1hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **WWE's Greatest Moments** Double bill.
6.45 **Rust Valley Restorers**
8.20 **Junk & Disorderly**
10.10 **Flipping Bangers**
11.10 **Pawn Stars** Triple bill.
2.05 PM **Auction Hunters**
4.05 **Storage Wars: Texas**
7.00 **Secrets in the Ice**
8.00 **The Curse of Oak Island**
9.00 **The Great British Dig: History in Your Back Garden** The team head to Beningbrough Hall.
10.00 **Discovered by Disaster** Artefacts from a port sunk by an earthquake.
11.00 **Holy Marvels with Dennis Quaid**
12.00 M'T **History's Greatest Mysteries** The assassination of JFK.
1.00 AM **Paranormal: Caught on Camera**
2.00 **My Paranormal Nightmare**
3.00 **The Proof Is Out There**
4.00 **to 6.00** AM **Secret Restoration**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
9.30 **Britain's Greatest Bridges** Humber Bridge.
10.30 **London's Greatest Bridges with Rob Bell**
12.30 PM **Columbo** Five episodes, including at: **7.30** *Murder Under Glass:* The crumpled detective investigates blackmail and murder involving a renowned food critic suspected of killing a restaurateur.
9.00 **When Chat Shows Go Horribly Wrong** Gloria Hunniford narrates a compilation of disasters from chat shows.
11.00 **Taggart** *Death Comes Softly:* A pensioner is found murdered.
1.45 AM **Michael Palin in Venezuela** Documentary.
2.45 **Michael Portillo's Travel Diaries**
3.35 **Britain's Greatest Bridges** From Bristol.
3.55 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Dickinson's Real Deal**
11.00 **Celebrity Catchphrase**
12.00 NOON **Tenable**
2.00 PM **Lily Savage's Blankety Blank**
4.00 **The Chase** Quiz show.
5.00 **The Chase Celebrity Special** With Austin Healey, Joe Pasquale, Janet Street-Porter and Mark Durden-Smith. **6.00** Edwina Currie, Rachel Riley, Keith Duffy and Mark Charnock compete for charity.
7.00 **The Chase** Double bill of the quiz show.
9.00 **The Chase Celebrity Special** Tim Vine, Alice Beer, Ken Bruce and Sonny Jay take part.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions of the darts-based quiz.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **The Big Bang Theory**
7.00 PM **The Big Bang Theory** 12/24. Sheldon tells his assistant to stop flirting with Leonard. **7.30** 13/24. Leonard's car is stolen. (S6)
8.00 **Georgie and Mandy's First Marriage** New episodes 5/22. Mandy tries to gather the Coopers for Thanksgiving. **8.30** 6/22. Georgie joins a church to sell tyres to the congregation. (S1)
9.00 NEW SERIES **Mock the Week** Dara Ó Briain hosts the comedy panel show. *See feature, page 8.*
10.00 **Guz Khan's Custom Cars**
12.00 M'T **Young Sheldon**
12.30 AM **Dr Pimple Popper**
1.30 **Say Yes to the Dress: Atlanta** Reality series.
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Impractical Jokers**
10.00 **Friends** (S5&6)
8.00 PM **Friends** 6/25. Joey and Chandler celebrate their last night as flatmates. **8.30** 7/25. Rachel is embarrassed by Phoebe's jogging. (S6)
9.00 FILM **Nine to Five** Comedy starring Jane Fonda, Dolly Parton and Lily Tomlin. Three sexually harassed office workers turn the tables on their chauvinistic boss. (1980, 15, 110min) ★★★
11.15 **8 Out of 10 Cats Uncut**
12.05 AM **Whose Line Is It Anyway? USA**
12.35 **Out of Order**
1.35 **Kevin Bridges Live in Glasgow** Stand-up.
2.40 **Jen Brister: Meaningless**
3.25 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Bradley & Barney Walsh:**

+1hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 1&2/25. (S7)
7.00 **Teleshopping**
9.00 **Bradley & Barney Walsh: Breaking Dad**
12.00 NOON **Criminally Funny**
7.00 PM **Friends** 20/24. The guys enjoy a ride in a police car. **7.30** 21/24. Phoebe learns Gary plans to ask her to move in with him. **8.00** 22/24. Joey gets a shock in Las Vegas. **8.30** 23/24. The pals head to Las Vegas. (S5) **9.00** 14/25. Phoebe is mistaken for a porn star. **9.30** 15/25. A revelation from Rachel prompts the pals to ponder what might have been. (S6)
10.00 **Friends** (S6&7)
2.00 AM **New Girl** (S2)
3.00 **South Park** (S6)
4.30 **Demetri Martin: Person** Stand-up show.
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **That's 60s**
8.20 **On the Buses** (S1)
9.55 **Steptoe and Son** (S8)
1.40 PM **Man About the House** 1-7/7. (S1)
5.05 **Birds of a Feather**
7.55 **Minder** *Why Pay Tax?* 9/13. Terry minds an illegal bookie. (S3)
9.00 **Benidorm** 5/9. Monty is concerned about Sammy's career relaunch. (S10)
9.55 **Shameless** 7/7. (S1)
10.55 **Man About the House**
11.30 **Rising Damp** 2/7. (S1)
11.55 **Benidorm** 5/9. (S10)
12.55 AM **Shameless** 7/7. (S1)
1.55 **The Kenny Everett Video Show**
2.25 **Man About the House**
2.55 **Duty Free** 6/7. (S3)
3.20 **The Osbournes**
3.45 **That's 60s**
4.00 **Nearest and Dearest**
4.45 **to 6.00** AM **The Yorkshire Steam Railway: All Aboard**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.25 **Teen Mom 2**
8.00 **Teen Mom: The Next Chapter** Double bill.
10.00 **16 and Pregnant**
1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: **8.00** Pamela has got herself in debt for a man who has been lying to her.
9.00 **Help! I'm in a Secret Relationship!** Vivi wants to know why Diontre refuses to introduce her to his friends.
10.00 **Teen Mom UK** Amber's problems with Ste are getting worse.
11.00 **Ink Master: Angels** The Angels find a bitter local rivalry whilst looking for Little Rock's best artists.
12.00 M'T **Dating Naked**
1.00 AM **Jersey Shore**
2.45 **Catfish: The TV Show**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers**
12.00 NOON **Alaska: Homestead Rescue** The Raneys rally at Rika's Roadhouse, a legendary homestead established by one of Alaska's toughest pioneers. **1.00** PM Marty responds to a call for help from the Welchels, who are struggling to manage their 40-acre homestead. **3.00** Flooding rivers devastate a dream Oregon homestead. **5.00** After Hurricane Helene obliterates a farmhouse, a once self-sufficient family find themselves left with nothing.

7.00 Alaskan Homestead Rescue

7.00 Alaska: Homestead Rescue New edition When neighbours send a plea for help, the Raneys rush to rescue a lone Montana homesteader from disaster before winter starts to set in.

9.00 Barnwood Builders The team turn to the old method of using ropes to take down a log cabin in Harrisville, West Virginia.

10.00 Mud Madness Josh needs a Hail Mary, Bryce is out of his element, and the pressure pushes AJ to his limits in the Mud Cup.

11.00 Kindig Customs A big fan of Dave's work on Corvettes wants to build his own collection.
12.00 M'T **Overhaulin'** Chip Foose and the team visit Las Vegas to overhaul a Chrysler 300.
1.00 AM **Overhaulin'** Double bill.
3.00 to 5.00 AM **Street Outlaws: Locals Only**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 Crikey! It's the Irwins
10.00 Lone Star Law
11.00 Dr Jeff: Rocky Mountain Vet
1.00 PM **Pit Bulls & Parolees**
3.00 The Zoo: San Diego Connor the tiger has tooth trouble. **4.00** A pair of rescued mountain lion cubs are ready for their new habitat.
5.00 Treehouse Masters Pete builds an all-star speakeasy for Shaquille O'Neal.
6.00 Bad Dog! A monkey has free reign of his owner's house.

8.00 Treetop Cat Rescue

7.00 How Do Animals Do That? Investigating what lions say when they roar. **7.30** Why kiwi birds lay monster-sized eggs.

8.00 Treetop Cat Rescue Tom deals with a cat stuck in an evergreen hedge. **8.30** Shaun is called to the rescue of a deaf cat.

9.00 Alaskan Bush People: Bushcraft Chronicles A look at the Browns' most unconventional – but effective – inventions.

10.00 Tanked The Mob Museum makes ATM an offer they cannot refuse – a tank with replica sunken rumrunner.

11.00 Alaska: The Last Frontier Atz travels to Perl Island.
12.00 M'T **River of No Return** Rancher Aubrey looks after a pregnant mare.
1.00 AM **Air Jaws: The Hunted**
2.00 The Haunted
3.00 Treetop Cat Rescue
4.00 to 5.00 AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Construction Fails**
10.00 Car S.O.S Triple bill.
1.00 PM **Air Crash Investigation**
3.00 Airport Security: Rome Italian police stop a man attempting to smuggle heroin. **4.00** A passenger without a visa may miss her honeymoon.
5.00 Toronto Airport Uncovered A trainee bird-scaring dog is put to the test.
6.00 Tut's Treasures: Hidden Secrets What the objects in Tutankhamun's tomb reveal about the boy king's reign.

8.00 Gladiators: Warriors...

7.00 Lost Treasures of Rome New edition The work of archaeologists excavating the vast frontier of the Roman Empire.

8.00 Gladiators: Warriors of the Ancient World New edition In the year 60, Spiculus, Nero's gladiator, rises to fame.

9.00 Colosseum: Rise and Fall Archaeologists uncover Roman games, gladiator secrets and the remains of ancient beasts.

10.00 Lost Gold of the Dark Ages: Treasure Hoard A collection of treasure found by a metal detector enthusiast in 2009.

11.00 Sex in the Stone Age Examining archaeological finds.
12.00 M'T **Trafficked with Mariana Van Zeller** New edition Mariana looks back at the most intense and unexpected moments from the series.
1.00 AM **Construction Fails**
3.00 to 5.00 AM **Ancient X Files**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.00 Secrets Declassified with David Duchovny
9.00 Gold Wars Downunder
10.00 Ice Road Truckers
11.00 Pawn Stars Triple bill.
2.00 PM **Junk & Disorderly**
5.00 Hazardous History with Henry Winkler A look at the most ill-advised and risky household products. **6.00** Dangerous work practices, from mercury-poisoned hat-makers to kids crawling through chimneys.

6.55 Pharoahs at War

6.55 Pharaohs at War The Battle of Megiddo, fought in 1457 BC, which resulted in an Egyptian victory. **7.55** The Battle of Kadesh, fought in the 13th century BC between the Egyptian Empire led by Ramesses II and the Hittite Empire led by King Muwatalli II.

9.00 Pharaohs at War The Battle of Raphia, which was a pivotal clash between Ptolemaic Egypt and the Seleucid Empire.

10.00 Pharaohs at War A look at the Battle of Actium in 31 BC, a decisive naval engagement.

11.05 Forged in Fire Three winning smiths return for a shot at forging their name in *Forged in Fire* history.
12.00 M'T **Pawn Stars** A seller has some Apollo 11 documents. **1.00** AM Rick has a chance to buy a vintage whisky strap. **2.00** An overcoat once owned by Lee Harvey Oswald.
3.00 to 6.00 AM **Junk & Disorderly**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Michael Douglas** A profile of the actor.
7.00 Discovering: Roy Scheider
8.00 The Directors
9.00 Kim's Video
10.45 Being Mary Tyler Moore
1.00 PM **On the Line: The Richard Williams Story** The father of tennis stars Venus and Serena retraces his family's journey.
2.50 My Icon: Heather Watson
3.00 Be Water Bruce Lee's time in Hong Kong making four films.
5.00 Bardot A look at the life and career of actor Brigitte Bardot.

7.00 Becoming Madonna

7.00 Becoming Madonna Documentary charting Madonna's rise to stardom, drawing from a cache of recently uncovered audio tapes in which the singer reflected on her extraordinary life.

9.00 FILM Robin Williams: Come Inside My Mind An intimate portrait of the life of the comedian and actor, featuring previously unseen footage and interviews with those closest to him. (2018, 12, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 Mr Dynamite: The Rise of James Brown Documentary charting the career of the singer, musician and producer.
1.30 AM **The Apollo** Wxploring the history of the Harlem venue.
3.30 Nixon by Nixon: In His Own Words Declassified audiotapes offer an insight into the former president's personality.
5.00 to 6.00 AM **The Directors**

Sunday

7 PM 8 PM 9 PM 10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Find It, Fix It, Flog It**
9.00 Antiques Road Trip
2.00 PM **The Repair Shop**
5.00 The Yorkshire Auction House Triple bill of the series, including at: **7.00** Angus travels to Scotland to meet a widow struggling to let go of her late husband's much-loved possessions.
8.00 The Repair Shop The team restore a harmonium, a pair of clogs, a sculpture and a charm bracelet. **9.00** Experts restore a Qur'an, a scooter and a diamond ring. **10.00** The team restore a trusty yet rusty tricycle.
11.00 Australian Open Tennis
12.00 M'T **The Repair Shop**
1.00 AM **Massive Engineering Mistakes**
2.00 Destroyed in Seconds
4.00 to 5.00 AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops San Francisco**
7.00 Forensic Detectives
9.00 Cops UK: Bodycam Squad Double bill.
11.00 The Killer Beside Me
12.00 NOON **FBI Files**
3.00 PM **Breaking Homicide**
7.00 Breaking Homicide The murder of Amber Jackson in 2010. **8.00** The 2015 death of Devan Schmidt.
9.00 A Killer's Mistake A predator eludes investigators for years, until an unrelated assault presents a lead.
10.00 Evil Lives Here
11.00 Faking It: Tears of a Crime Focusing on the case of John Sharpe.
12.00 M'T **Murder on CCTV**
1.00 AM **Faking It: Tears of a Crime** Emile Cilliers.
2.00 Murder Comes to Town
3.00 to 4.00 AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 See No Evil Atlanta entrepreneur Terry Porter is shot dead. **7.00** Exploring the murder of Carl Starke. **8.00** The murder of Ina Clare Richardson, who was found dead in a public park in Clarkston.
9.00 Murder UK The story of nurse Marie Isotone, who claimed her husband died naturally while in her care.
10.00 Secrets of a Murder Detective In 2021, John Hay, a former police officer, failed to return to his West Yorkshire home.
11.00 Fatal Fall: Murder or Accident? The tragic case of Rhonda Casto.
12.00 M'T **When Death Comes Knocking**
1.00 AM **See No Evil**
4.00 to 5.45 AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **48 Hours**
3.00 PM **Facing Evil** A custody battle that got out of control when the father was shot dead. **3.30** A man is found bludgeoned to death.
4.00 Crimes That Shook Australia The 1986 bombing of the police headquarters on Russell Street, Melbourne, that killed 21-year-old constable Angela Taylor. **5.00** A look at Julian Knight's frenzied 1987 shooting spree in a Melbourne suburb that left seven people dead.
6.00 Judge Judy Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 Crimes That Shook Australia Double bill.
4.00 48 Hours Documentary.
4.45 Facing Evil
5.35 to 6.00 AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
8.00 Brit Cops: Law & Disorder Documentary.
9.00 Caught on Dashcam
10.00 Police 24/7 Double bill.
12.00 NOON **World's Most Evil Killers** Dennis Rader.
1.00 PM **Killing Mum and Dad** Double bill.
3.00 Killer in My Village
5.00 Britain's Most Evil Killers Double bill.
7.00 Forensics: Catching the Killer Double bill.
9.00 I Love You, Now Die: The Commonwealth vs Michelle Carter 1&2/2. Documentary.
12.00 M'T **Murdered at First Sight** The murder of Jeralee Underwood.
1.00 AM **Killer in My Village**
2.00 How I Caught the Killer
3.00 World's Most Evil Killers
4.00 The Force: Manchester
5.00 to 6.00 AM **Brit Cops: Frontline Crime UK**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 Lost World of Angkor Wat Double bill.
10.50 Lost Pyramids of the Aztecs Double bill.
1.00 PM **Grand Tours of the Scottish Islands**
1.40 Amerigo Vespucci: Forgotten Namesake...
2.50 A Short History of the Moors As 12.00m't.
3.55 Great Forts of the Mediterranean
5.05 Amerigo Vespucci: Forgotten Namesake of America Documentary.
6.15 Lost World of Angkor Wat Double bill.
8.35 Lost Pyramids of the Aztecs Double bill.
10.50 Great Forts of the Mediterranean
12.00 M'T **A Short History of the Moors** Exploring the rich architectural legacy of the Moors.
1.10 to 2.00 AM **Grand Tours of the Scottish Islands**

Sky Nature

145 113/114 189 354 369

6.00 AM **Secret Life of the Wombat**
8.00 **Dawn to Dusk**
10.00 **Supersenses** Triple bill.
1.00 PM **Living Beach**
3.00 **Pridelands: Wilderness Reborn**
4.00 **Wild Crusades: The Monkey Diaries** The toque macaque.
5.00 NEW SERIES **My Best Friend's an Animal** Unlikely friendships.
6.00 **Extraordinary Animals** New editions A look at the surprising behaviours of some of Australia's unlikely romantics. **6.30** Meeting some uniquely curious animals, including brushtail possums and parrots.
7.00 NEW **Leopard Dynasty: The Rise of Rana** Following a leopard as it fights to secure its place in Jhalana's territory.
8.00 **David Attenborough's Global Adventure** Triple bill.
11.00 **My Best Friend's an Animal**
12.00 M'T **Extraordinary Animals**
1.00 AM **Leopard Dynasty: The Rise of Rana** As 7.00pm.
2.00 **Volcanic Odysseys**
5.00 **to 6.00** AM **Mysteries of Evolution**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Iconic Combat Machines**
9.00 **Combat Ships**
10.00 **Soviet Storm: WWII in the East**
11.00 **Digging Up Britain's Past**
1.00 PM **Britain's Most Historic Towns** The history of Stirling.
2.00 **Ancient Aliens** Double bill.
4.00 **WW2 Air Crash Detectives**
6.00 **Digging Up Britain's Past**
7.00 **Britain's Most Historic Towns** Professor Alice Roberts visits Portsmouth to investigate the history of the Royal Navy.
8.00 **What on Earth?** A mysterious Saharan crater, seen from space, that hides a brutal past.
9.00 **American Godfathers: The Five Families** Conflict between the families' old guard and a new generation of mobsters.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Dark Marvels: Killing Machines** Documentary.
2.00 **Discovered by Disaster**
3.00 **Cracking the Code**
4.00 **Mission Unexplained**
5.00 **to 6.00** AM **Full Custom Garage**

Discovery Science

167 148 179

8.00 AM **The Dino Hunters**
10.00 **How It's Made**
12.00 NOON **How It's Made: Dream Cars** Double bill of editions.
1.00 PM **How Do They Do It?**
1.30 **How It's Made: Dream Cars**
2.00 **Street Science** Four editions.
4.00 **Truth Behind the Moon Landing** Double bill of editions.
6.00 **How It's Made** Four editions.
8.00 **Mysteries of the Deep** Jeremy Wade investigates one of the Bermuda Triangle's most infamous disappearances.
9.00 **Blowing Up History** The secrets behind the world's most perfectly preserved mummy. **10.00** Emperor Nero's palace in the heart of Rome. **11.00** The secrets of the Lighthouse of Alexandria.
12.00 M'T **Alien Highway** Double bill.
2.00 AM **NASA's Unexplained Files**
4.00 **How It's Made: Dream Cars**
5.00 **How Do They Do It?**
5.30 **to 6.00** AM **How It's Made: Dream Cars**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **Murdertown**
8.00 **Nightmare in Suburbia**
10.00 **When Missing Turns to Murder**
12.00 NOON **Judge Rinder**
2.00 PM **Murder Detective**
4.00 **Don't Open the Door** Four editions, including at: **7.00** Kelli Underwood relocates to a small town near Dallas, but the fresh new chapter comes to an end with a knock at her door.
8.00 **Homicide Squad: New Orleans** A local artist is found murdered in his home.
9.00 **Cold Case Files** New edition A quiet town is rocked by the disappearance of a teen. **10.00** A missing persons case from 1980 is finally solved. **11.00** A detective takes on the case that has haunted him since he was a child.
12.00 M'T **Last Night Out**
1.00 AM **Cold Case Files**
2.00 **Somebody's Hiding Something**
4.00 **to 6.00** AM **I Knew My Murderer**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **The Incredible Dr Pol**
10.00 **Investigation Shark Attack**
12.00 NOON **Antarctica**
2.00 PM **Europe's New Wild**
4.00 **Secrets of the Zoo**
6.00 NEW SERIES **Critter Fixers: Country Vets** The vets must operate on an eel and perform a snake c-section.
7.00 **Chimp School** Following the chimpanzees at a sanctuary in Sierra Leone as they seek to find their place within the troop.
8.00 **Deep Sea Dwellers** The most intelligent creatures in the sea.
9.00 **The Hidden Kingdoms of China** A snow leopard living in China's mountains teaches its cub life lessons, and a family of Tibetan foxes must fend off a predator that is after their young. **10.00** The wildlife in the jungles of southern Yunnan, including primates, bears, fishing bats and caterpillars.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Fish Tank Kings**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181

7.00 AM **Shed and Buried**
9.00 **Treasure Quest: Snake Island**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides** Triple bill.
6.00 **Blowing Up History** Investigating who built the Avenue of the Sphinxes. **7.00** Experts investigate Palmyra in the Syrian desert, and how its inhabitants survived. **8.00** The Dendera Temple is one of Egypt's best-preserved temples, and experts decipher its zodiac images and the ceremonial events held there.
9.00 **Salvage Hunters: The Restorers** Globe restorer James takes action to rejuvenate a 150-year-old masterpiece. **10.00** French polisher Alex struggles with an old billiards table that is difficult to restore. **11.00** Sculptor Nick attempts the restoration of a rare piece of folk history.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **The Life of Mammals**
1.00 PM **The Life of Mammals**
7.00 **The Life of Mammals** A look at the feeding habits of herbivores, including elephants forced to undertake epic migrations to ensure a diet of the plants they need to survive. **8.00** The world of rodents, including mice and squirrels, which can chisel their way through any obstacle with their constantly growing incisor teeth. **9.00** David Attenborough offers an insight into the planet's most successful animals. **10.00** David offers an insight into insect-eating animals.
11.00 **The Life of Mammals**
1.00 AM **Fascinating New Zealand**
3.00 **India's New Worlds**
3.50 **Emma Willis: Delivering Babies** Documentary.
4.40 **Anthony Bourdain: Parts Unknown** Exploring the history and cuisine of Paraguay.
5.25 **to 6.00** AM **The Lakes with Paul Rose**

+1hour 266 376

ID

154 140 166

8.00 AM **Forbidden: Dying for Love**
10.00 **Still a Mystery**
12.00 NOON **Murder Under the Friday Night Lights**
2.00 PM **The Murder Tapes**
4.00 **Disappeared** Double bill.
6.00 **Murder in the Heartland** The disappearance of Ruiz Stone from Camden, Arkansas. **7.00** A woman vanishes from her home in Bell Center.
8.00 **On the Case with Paula Zahn** Police find a giant sword bent in half and a victim who has been savagely murdered.
9.00 **Fatal Destination** A Bahamian getaway aboard a luxury boat turns dark when a drifting boat reveals bloodstains, missing crew, and secrets beneath paradise's waters.
10.00 **The Real Murders on Elm Street** Investigators respond to a bloody quadruple homicide.
11.00 **Evil Lives Here** Triple bill.
2.00 AM **American Monster**
4.00 **to 6.00** AM **People Magazine Investigates**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **World's Greatest Motorcycle Rides**
10.00 **FourWheeler** Double bill.
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Roadworthy Rescues**
5.00 PM **Shed and Buried** Henry Cole and Sam Lovegrove examine items in Herefordshire. **5.30** Henry and Sam uncover vintage agricultural equipment. **6.00** Henry and Sam find a barn full of rare vehicles. **6.30** Henry and Sam head to Witney, Oxfordshire.
7.00 **Wheeler Dealers** Mike Brewer looks for a rare Volvo P1800. **8.00** Mike tracks one of the most iconic estate cars of all time – the Volvo 240 Torslanda. **9.00** Mike tracks down a Volvo Amazon 122 with a rally heritage. **10.00** Mike comes across a 1995 Volvo 850 T-5R. **11.00** Mike gets to work on a 1963 Volvo PV544. **12.00** M'T A soft-top Saab 900.
1.00 **to 4.00** AM **World's Greatest Motorcycle Rides**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **Xeno** As 3.20am.
8.20 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
10.00 **The Naked Gun** As 8.00pm.
11.40 PREMIERE **The Cut** (2024)
1.35 PM **Nuremberg** Legal thriller. (2025, 15, 148min) ★★★★★
4.10 **Prisoner of War** Action thriller starring Scott Adkins. (2025, 15, 112min) ★★★
6.10 **The Ballad of Wallis Island** Comedy drama with Tim Key. (2025, 12, 100min) ★★★★

9.40 The Cut

8.00 **The Naked Gun** Comedy reboot starring Liam Neeson. Following in the footsteps of his father, Frank Drebin Jr must save his police department by cracking a murder case. (2025, 15, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 PREMIERE **The Cut** Thriller starring Orlando Bloom. A retired boxer returns to the ring for one last shot at the title, but must embark on an illegal weight cut programme first. With John Turturro. (2024, 12, 99min) ★★★ *See review, page 21.*
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Toxic Avenger** Horror comedy with Peter Dinklage. (2023, 18, 102min) ★★★
1.20 AM **Prisoner of War** (2025)
3.20 **Xeno** Fantasy starring Lulu Wilson and Omari Hardwick. (2025, 15, 103min) ★★★
5.10 **to 6.40** AM **Super Charlie** Animation. (2025, PG, 82min)

Sky Cinema Buddy Films

303 303 403 503 517

7.05 AM **Semi-Pro** As 4.35am.
8.40 **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★★★
10.40 **Ocean's Twelve** Thriller sequel. (2004, 12, 125min) ★★★★
12.50 PM **Ocean's Thirteen** Thriller sequel. (2007, PG) ★★★
2.55 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
4.50 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★
6.25 **The Naked Gun 2½: The Smell of Fear** (1991, 15) ★★★

4.50 The Naked Gun

8.00 **The Naked Gun 33⅓: The Final Insult** Comedy sequel starring Leslie Nielsen. Lt Frank Drebin must foil a terrorist attack on the Oscars ceremony. (1994, 12, 83min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **The Naked Gun** Comedy reboot starring Liam Neeson. Following in the footsteps of his father, Frank Drebin Jr must save his police department by cracking a murder case. With Pamela Anderson and Danny Huston. (2025, 15, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **The 40-Year-Old Virgin** Comedy starring Steve Carell. (2005, 15, 116min) ★★★★
1.05 AM **Just Friends** Romantic comedy with Ryan Reynolds. (2005, 12, 94min) ★★
2.50 **Evolution** Sci-fi comedy. (2001, PG, 101min) ★★★★
4.35 **to 6.15** AM **Semi-Pro** Comedy. (2008, 15, 87min) ★★

Sky Cinema Drama

310 310 410 510 524

7.35 AM **Drift** As shown at 2.40pm.
9.15 **The Damned United** (2009)
10.55 **The Friend** Drama with Naomi Watts. (2024, 15, 120min) ★★★★
1.00 PM **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
2.40 **Drift** Drama starring Cynthia Erivo. (2023, 15, 93min) ★★★★
4.15 **The Damned United** Biopic. (2009, 15, 98min) ★★★★

5.55 **Darkest Hour** Period drama. (2017, PG, 122min) ★★★
8.00 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper. (2018, 15, 136min) ★★★★★
10.20 **Birdy** Psychological drama starring Nicolas Cage and Matthew Modine as childhood friends who are reunited as war veterans in a psychiatric hospital. (1984, 15, 120min) ★★★★
12.25 AM **Anora** Romantic comedy drama starring Mikey Madison. (2024, 18, 139min) ★★★★★

2.45 **Miss You Already** Romantic comedy drama starring Drew Barrymore and Toni Collette. (2015, 12, 112min) ★★★
4.40 **Sky Cinema Preview**
5.40 **to 7.55** AM **American Sniper** Biopic starring Bradley Cooper. (2014, 15, 127min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.05 AM **Zombie Town** Horror comedy. (2023, 12, 92min) ★★
7.45 **2012** Epic disaster movie. (2009, 12, 158min) ★★★
10.30 **A Quiet Place** Horror with Emily Blunt. (2018, 15, 90min) ★★★★
12.10 PM **Blade Runner** Ridley Scott's thriller starring Harrison Ford. (1982, 15, 130min) ★★★★★
2.15 **Children of Men** Sci-fi thriller. (2006, 15, 109min) ★★★★★

4.10 **Beast of War** Horror thriller starring Mark Coles Smith. (2025, 15, 87min) ★★★★
6.00 **Godzilla x Kong: The New Empire** Fantasy adventure sequel starring Rebecca Hall. (2023, 12, 115min) ★★★
8.00 **I Am Legend** Sci-fi horror thriller starring Will Smith. (2007, 15, 101min) ★★★★
9.45 **The Lawnmower Man** Sci-fi thriller starring Pierce Brosnan, Jeff Fahey and Jenny Wright. (1992, 15, 105min) ★★★

12.10 AM **Sick** Horror with Gideon Adlon. (2022, 18, 83min) ★★★
1.40 **Cuckoo** Horror thriller. (2024, 15, 102min) ★★★
3.30 **AfrAid** Sci-fi horror with John Cho. (2024, 15, 84min) ★★
5.00 **to 6.40** AM **Tarot** Horror. (2024, 15, 92min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 306 406 506 519

6.30 AM **Friend or Foe** As 1.20am.
7.45 **The Portable Door** Fantasy. (2023, PG, 130min) ★★★
9.45 **Twist** As shown at 4.20am.
11.25 **Blithe Spirit** (2020, 12) ★★★
1.10 PM **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
2.40 **Spy Kids 2: Island of Lost Dreams** (2002, U) ★★★★
4.25 **The Borrowers** Adventure. (1997, U, 86min) ★★★★
6.00 **Babe** Family comedy drama. (1995, U, 92min) ★★★★★

Sky Cinema Spider-Man
307 307 407 507 521

7.10 AM **The Amazing Spider-Man 2** As 6.35pm.
9.35 **Spider-Man** As 9.00pm.
11.40 **Spider-Man 2** As 11.05pm.
1.50 PM **Spider-Man 3** As 1.15am.
4.15 **The Amazing Spider-Man** Adventure starring Andrew Garfield and Emma Stone. (2012, 12, 136min) ★★★
6.35 **The Amazing Spider-Man 2** Adventure sequel with Andrew Garfield and Emma Stone. (2014, 12, 142min) ★★★

Sky Cinema Comedy
308 308 408 508 522

7.15 AM **Role Models** Comedy. (2008, 15, 99min) ★★★★
9.00 **Daddy's Home 2** Comedy sequel. (2017, 12, 100min) ★★★
10.45 **School of Rock** Comedy. (2003, PG, 109min) ★★★★
12.35 PM **How to Lose a Guy in 10 Days** Comedy. (2003, 12) ★★★
2.35 **Yesterday** (2019, 12) ★★★
4.35 **Two Weeks Notice** Comedy. (2002, 12, 101min) ★★★
6.20 **The Wedding Singer** Comedy. (1998, 12, 97min) ★★★★★

Sky Cinema Thriller
309 309 409 509 523

7.50 AM **Reindeer Games** Thriller. (2000, 15, 105min) ★★★★
9.40 **Detroit** Fact-based drama. (2017, 15, 143min) ★★★★
12.05 PM **Split** Mystery thriller. (2016, 15, 117min) ★★★
2.05 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★
4.05 **Inception** Sci-fi thriller. (2010, 12, 148min) ★★★★★
6.35 **Hallow Road** Psychological thriller with Rosamund Pike. (2025, 15, 80min) ★★★★

Film4
313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Hail the Conquering Hero** Satirical comedy. (1944, b/w, U, 101min) ★★★
1.05 PM **Monster House** Animation. (2006, PG, 91min) ★★★★
2.50 **Jason and the Argonauts** Mythological adventure. (1963, U, 99min) ★★★★
4.55 **Stormbreaker** Teen adventure. (2006, PG, 93min) ★★★
6.45 **Gemini Man** Action drama. (2019, 12, 117min) ★★

7.35 The Golden Compass

9.00 Spider-Man

4.35 Two Weeks Notice

8.00 Vanilla Sky

9.00 Daredevil

7.35 **The Golden Compass** Fantasy adventure with Nicole Kidman, Dakota Blue Richards, Daniel Craig and Eva Green. (2007, PG, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Stardust** Fantasy comedy starring Claire Danes and Charlie Cox. A young man enters a magical kingdom to retrieve a falling star for his beloved in exchange for her hand in marriage. (2007, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Spy Kids** Action comedy starring Antonio Banderas. (2001, U, 88min) ★★★★
1.20 AM **Friend or Foe** Family drama. (1981, U, 70min) ★★★
2.35 **Blueback** Family drama. (2022, PG, 102min) ★★★
4.20 **Twist** Crime comedy drama. (2021, 12, 90min) ★★★★
5.55 **to 7.25** AM **Spy Kids 3: Game Over** Sci-fi comedy sequel. (2003, U, 84min) ★★★

The Amazing Spider-Man 2 (film started at 6.35pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Spider-Man** Fantasy adventure starring Tobey Maguire as a nerdy schoolboy who develops special powers after being bitten by a mutant spider and uses them to protect New York from evil forces. With Kirsten Dunst. (2002, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Spider-Man 2** Adventure sequel starring Tobey Maguire. Tempted to abandon his secret identity, Peter Parker finds his special powers are required to combat a new adversary. (2004, PG, 127min) ★★★★
1.15 AM **Spider-Man 3** Fantasy adventure sequel with Tobey Maguire and Kirsten Dunst. (2007, 12, 139min) ★★★
3.35 **to 6.00** AM **The Amazing Spider-Man 2** As 6.35pm.

8.00 **The Hangover** Comedy starring Bradley Cooper, Ed Helms and Zach Galifianakis. Three friends try to find the missing groom after a bachelor party in Las Vegas. (2009, 15, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **The Hangover Part II** Dark comedy sequel with Bradley Cooper, Ed Helms and Zach Galifianakis. A drug-fuelled bachelor party in Bangkok leaves three friends looking for the bride's brother despite severe memory loss. (2011, 15, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
1.15 AM **Jackass: The Movie** Comedy. (2002, 18, 87min) ★
2.45 **Jackass 3** Slapstick comedy sequel. (2010, 15, 93min) ★★
4.25 **to 6.10** AM **Jackass Presents: Bad Grandpa** Comedy. (2013, 15, 92min) ★★★

8.00 **Vanilla Sky** Romantic fantasy drama, a remake of the Spanish film *Open Your Eyes*, starring Tom Cruise and Penélope Cruz. A wealthy young man's charmed life takes a bizarre turn after he meets the girl of his dreams. With Cameron Diaz and Kurt Russell. (2001, 15, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **American Gangster** Ridley Scott's crime drama starring Denzel Washington. A Harlem gangster makes a fortune from heroin in the 1970s but comes up against an incorruptible cop. (2007, 18, 157min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.05 AM **Chinatown** Crime thriller. (1974, 15, 131min) ★★★★★
3.20 **Breakdown** Suspense thriller. (1997, 15, 94min) ★★★★
5.00 **to 7.00** AM **The Dry** Drama. (2020, 15, 117min) ★★★★

Gemini Man (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Daredevil** Comic-book adventure starring Ben Affleck. A man blinded in childhood by toxic waste becomes a secret crime-fighting superhero, putting his remaining senses to good use. With Colin Farrell. (2003, 15, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Ghost Rider** Comic-book adventure starring Nicolas Cage. A motorcycle stuntman sells his soul to the Devil and leads a double life as a flaming vigilante skeleton. (2006, 12, 106min) ★★★
1.20 **to 3.40** AM **Riders of Justice** Danish action comedy starring Mads Mikkelsen. Subtitled. (2021, 15, 116min) ★★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Feel Good
302 302 402 502 516

7.40 AM **Hope Springs** Comedy drama. (2012, 12, 98min) ★★★
9.25 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
11.50 **The Terminal** Comedy drama. (2004, 12, 129min) ★★★★
2.00 PM **Yesterday** Fantasy comedy. (2019, 12, 116min) ★★★
4.00 **Bridget Jones: Mad About the Boy** Romantic comedy sequel. (2024, 15, 125min) ★★★★

6.10 **Dumb and Dumber** Comedy with Jim Carrey and Jeff Daniels. (1994, 12, 107min) ★★★
8.00 **Ted** Buddy comedy starring Mark Wahlberg and Mila Kunis. A 35-year-old Boston slacker's best friend is the stuffed teddy bear who magically came to life when he was an eight-year-old boy. (2012, 15, 106min) ★★★★
9.50 **Ted 2** Comedy sequel starring Mark Wahlberg and featuring the voice of Seth MacFarlane. (2015, 15, 112min) ★★★

11.50 **One of Them Days** Comedy starring Keke Palmer and SZA. (2025, 15, 97min) ★★★
1.35 AM **Dumb and Dumber** (1994)
3.25 **Ted** As shown at 8.00pm.
5.15 **to 7.05** AM **The Wedding Banquet** Comedy drama. (2025, 15, 103min) ★★★

Sky Cinema Greats
304 304 404 504 518

6.40 AM **Mr Nice Guy** Action comedy. (1996, 15, 88min) ★★★
8.20 **Jackie Chan's First Strike** Thriller. (1996, 12, 83min) ★★
10.00 **Demolition Man** Sci-fi action thriller. (1993, 15, 114min) ★★★
12.05 PM **Jaws** Steven Spielberg's thriller starring Roy Scheider. (1975, 12, 125min) ★★★★★
2.20 **Jaws 2** Adventure thriller sequel. (1978, PG, 115min) ★★★

4.20 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
6.00 **Raiders of the Lost Ark** Steven Spielberg's adventure starring Harrison Ford and Karen Allen. (1981, PG, 115min) ★★★★★
8.00 **Indiana Jones and the Temple of Doom** Steven Spielberg's adventure starring Harrison Ford. (1984, PG, 118min) ★★★
10.00 **Indiana Jones and the Last Crusade** Steven Spielberg's adventure with Harrison Ford. (1989, PG, 127min) ★★★★★

12.10 AM **Shenandoah** Western. (1965, PG, 101min) ★★★★
2.00 **Hondo** Western adventure. (1953, PG, 84min) ★★★★
3.30 **Waterworld** Sci-fi adventure. (1995, 12, 134min) ★★★
5.45 **to 8.00** AM **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★

Sky Cinema Animation
305 305 412 500 514

7.10 AM **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
8.55 **Extinct** As shown at 9.30pm.
10.35 **The Lego Movie** As 7.40pm.
12.30 PM **Madagascar** Animation. (2005, U, 86min) ★★★★
2.10 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
4.00 **Monsters vs Aliens** Animated sci-fi comedy adventure. (2009, PG, 90min) ★★★

5.45 **The Lego Batman Movie** Animated family comedy. (2017, U, 104min) ★★★★
7.40 **The Lego Movie** Animated comedy with the voices of Chris Pratt and Elizabeth Banks. (2014, U, 100min) ★★★★★
9.30 **Extinct** Animated adventure featuring the voices of Adam Devine and Rachel Bloom. (2021, U, 84min) ★★★
11.05 **Deep Sea** Animated adventure with the voice of Brian Flaccus. (2023, PG, 112min) ★★★

1.05 AM **Mavka: The Forest Song** Animation. (2023, PG) ★★
2.55 **Batman Unlimited: Monster Mayhem** Animated adventure. (2015, PG, 76min) ★★★
4.25 **to 6.00** AM **Into the Wonderwoods** Animation. (2024, U, 81min) ★★★

Movies 24
312 313 419

7.00 AM **The Attraction Test** Comedy. (2022, PG, 85min) ★★
9.00 **The Story of Love** Romantic comedy. (2022, PG, 91min) ★★
11.00 **Love and the Radio Star** Comedy. (2022, PG, 90min) ★★
1.00 PM **Planning on Forever** Comedy. (2022, PG, 89min) ★★
3.00 **Hearts in the Game** Romantic comedy starring Erin Cahill. (2023, PG, 84min) ★★

5.00 **Love in Whitbrooke** Romantic drama. (2021, PG, 88min) ★★
7.00 **Savoring Paris** Drama starring Bethany Joy Lenz and Stanley Weber. (2024, PG, 90min) ★★
9.00 **An Easter Bloom** Drama with Aimee Teegarden and Benjamin Hollingsworth. A woman suffering a crisis of faith enters a flower arranging contest in the hope of saving her late father's farm. (2024, PG, 84min) ★★
11.00 **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★

1.00 AM **Adventures in Love & Birding** Romantic comedy. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **The Professional Bridesmaid** Romantic drama. (2023, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures
328 445 82 306 36

6.00 AM **Birmingham Bullring Promo 1964** Documentary.
6.30 **Police Dog** (1955, b/w, U) ★★
8.00 **The Captain's Paradise** Comedy. (1953, b/w, U, 89min) ★★★
9.45 **Look at Life** Documentary.
10.00 **British Intelligence** Thriller. (1940, b/w, PG, 63min) ★★
11.15 **The Beverly Hillbillies** (S2)
11.45 **Kentucky Rifle** (1956, U) ★★
1.20 PM **Batman** 49/60. (S2)

1.50 **Adam Had Four Sons** Drama. (1941, b/w, U, 81min) ★★
3.30 **Give Us a Clue**
4.00 **The Man from UNCLE** (S1)
5.00 **The Footage Detectives**
6.00 **Smokescreen** (1964, U) ★★★
7.30 **The Vise** 35/39. (S1)
8.00 **Memories of Making Sergeant Cork** With William Gaunt.
8.05 **Sergeant Cork** 2/13. (S3)
9.10 **The Vicious Circle** Mystery. (1957, b/w, PG, 85min) ★★★
10.50 **Dixon of Dock Green** (S2)
11.30 **The Heritage Chart Show**

12.35 AM **The Siege of Sidney Street** Drama. (1960, b/w, PG) ★★
2.30 **I Lived with You** (1933, U) ★★★
4.25 **Cinebox Memories**
4.30 **The Adventures of Robin Hood**
5.00 **The Buccaneers** 5/39. (S1)
5.30 **to 6.00** AM **The Adventures of William Tell**

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE Icons Series Golf** The second day of the Icons of Football team matchplay event in Bangkok.
8.30 **LIVE DP World Tour Golf** Day four of the Bahrain Championship.
11.00 **LIVE WSL Manchester United v Liverpool.** Coverage from Leigh Sports Village. Kick-off **11.55am**.
1.00 PM **LIVE Premier League Manchester United v Fulham.** The top-flight match staged at Old Trafford. Kick-off **2.00pm**.
4.25 **LIVE Super Sunday Tottenham Hotspur v Manchester City.** The Premier League match from Tottenham Hotspur Stadium. Kick-off **4.30pm**.
7.00 **LIVE Women's Champions Cup** The final from the Emirates Stadium, joining in progress.
8.30 **LIVE PGA Tour Golf** Day four of the Farmers Insurance Open.
11.00 **LIVE NBA Basketball New York Knicks v Los Angeles Lakers.** The inter-conference match. Tip-off is at **12.00m't**.
2.30 AM **LIVE NBA Basketball Denver Nuggers v Oklahoma City Thunder.** Tip-off **2.30am**.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **The Big Interview**
6.30 **Premier League Stories**
7.00 **Premier League Highlights**
8.30 **SNF** Chelsea v West Ham United.
9.00 **The Sunday Supplement**
11.00 **Super Sunday Matchday**
12.30 PM **LIVE Super Sunday Aston Villa v Brentford.** The Premier League match from Villa Park. Kick-off **2.00pm**.
4.00 **LIVE Super Sunday Tottenham Hotspur v Manchester City.** The Premier League match held at Tottenham Hotspur Stadium. Spurs have struggled for consistency in the league once again this season and City are challenging for another title, but the Londoners have a good recent record against the Citizens and claimed a 2-0 win at Etihad Stadium in August's reverse fixture. Kick-off **4.30pm**.
7.30 **Super Sunday: Extra Time**
8.30 **Transfer 360** Double bill.
9.30 **SNF** Chelsea v West Ham United.
10.00 **Premier League Highlights** Aston Villa v Brentford.
10.30 **Premier League Highlights**
3.00 AM **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **SPFL Highlights**
6.15 **EFL Highlights** Championship.
10.45 **SPFL Highlights**
11.00 **LIVE WSL Manchester United v Liverpool.** Coverage of the Women's Super League match at Leigh Sports Village. The previous two meetings between these two sides have ended 2-0 to the hosts, with the reverse fixture back in September ending by that scoreline thanks to first-half goals by Hinata Miyazawa and Ella Toone. Kick-off **11.55am**.
2.30 PM **LIVE Women's Champions Cup** Coverage of the third/fourth place play-off from the Emirates Stadium. Kick-off **2.45pm**.
4.45 **EFL Highlights**
5.30 **LIVE Women's Champions Cup** The final from the Emirates Stadium. Kick-off **6.00pm**.
8.30 **EFL League One Goals**
9.00 **EFL League Two Goals**
9.30 **WSL** Man United v Liverpool.
10.00 **EFL Highlights** Championship.
11.00 **SPFL Highlights**
11.15 **EFL Greatest Games**
12.00 M'T **EFL** Championship play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **WPL** Highlights.
7.00 **Best of England v South Africa**
7.15 **LIVE ICC Under-19s World Cup Cricket** Coverage of a Super Six match from Queens Sports Club in Bulawayo, where the winners of Group B face the runners-up of Group C.
3.00 PM **LIVE WPL Delhi Capitals v UP Warriorz.** Coverage of the women's T20 match staged at Baroda Cricket Association Stadium. The Warriorz came away with a 33-run victory in this fixture last season as Grace Harris' 4-15 helped the visitors to an important win. They made 177-9 in their 20 overs thanks to Chinelle Henry's 62 from 23 balls before Harris' four wickets help bowl Delhi out for just 144.
5.30 **Best of England v South Africa**
5.45 **Best of ICC WT20**
6.00 **WPL** Tournament highlights.
11.00 **SA20** Action from the final.
12.00 M'T **WPL** Another chance to see Delhi Capitals v UP Warriorz.
3.30 AM **Best of England v South Africa** Action from 2011.
3.45 **Best of ICC WT20**
4.00 **to 6.00** AM **WPL**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **LIVE Icons Series Golf** Coverage of the second day of the Icons of Football staged at Robinswood Club in Bangkok.
8.30 **LIVE DP World Tour Golf** Coverage of the fourth day of the Bahrain Championship staged at Royal Golf Club in Al Mazrowiah.
1.30 PM **PGA Tour Champions Learning Centre** Expert advice.
2.00 **You Can Play Golf**
2.30 **PGA Championship Official Films** The 2025 Major.
3.30 **LIVE PGA Tour Golf** Coverage of day four of the Farmers Insurance Open at Torrey Pines Golf Course. France's Matthieu Pavon is the only player from outside the United States to have won this tournament in the past five years, prevailing in 2024.
11.00 **Beyond the Scorecard**
11.30 **You Can Play Golf**
12.00 M'T **How the 2004 Ryder Cup Was Won** Archive highlights.
2.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA & ATP Tennis**
9.00 **LIVE WTA Tennis** Coverage of the opening day of the Abu Dhabi Open staged at Zayed Sports City International Tennis Centre.
11.00 **LIVE WTA Tennis** Coverage from the latest WTA Tour events, including the Abu Dhabi Open, Ostrava Open and Cluj Open.
9.30 PM **WTA & ATP Tennis** Action from the Auckland Open finals.
11.30 **ATP Tour This Week**
12.00 M'T **ATP/WTA Tour Classics**
2.00 AM **WTA & ATP Tennis**
3.00 **ATP/WTA Tour Classics**
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Australian Open**
7.30 **LIVE Australian Open** Coverage of the 14th day of the opening Grand Slam event of the season, featuring the men's singles final at Melbourne Park.
12.00 NOON **TNT Sports Reload**
12.30 PM **International T20 Cricket**
1.30 **PREM Rugby Cup**
2.30 **LIVE Premiership Women's Rugby** Coverage from the latest top-flight match.
5.15 **Crouchy and Cole**
5.30 **TNT Sports Reload**
6.00 **Australian Open** Men's final.
7.30 **LIVE Serie A Parma v Juventus.** The Italian top-flight match from Stadio Ennio Tardini. Kick-off **7.45pm**.
9.45 **UEFA Europa League & Conference League Magazine**
10.45 **UEFA Champions League**
11.45 **TNT Sports Cricket Reload**
12.00 M'T **International T20 Cricket**
1.00 AM **Serie A** Action from Italy.
2.00 **Isuzu UTE A-League**
3.00 **TNT Sports Reload**
3.30 **Kenny Allstar's Number 1's**
4.00 **UEFA Champions League**
5.00 **to 6.00** AM **UEFA Europa League & Conference League**

TNT Sports 2

411 414 522 409 431

6.00 AM **Cyclocross** From Hulst.
6.30 **PREM Rugby Cup**
7.30 **The Monuments**
8.00 **LIVE Ski Mountaineering World Cup** Coverage of the mixed relay in Boi Taull, Spain.
9.00 **Original Documentary**
9.45 **LIVE Alpine Skiing** Coverage of the men's downhill event in Crans Montana, Switzerland.
12.00 NOON **LIVE Ski Jumping World Cup** The women's HS147 from Willingen, Germany.
1.45 PM **TNT Sports Cricket Reload**
2.00 **LIVE International T20 Cricket Sri Lanka v England.** Coverage of the second T20 in the three-match series, held at Pallekele International Cricket Stadium in Kandy. The visitors will be looking to win their third consecutive T20 series after victories over Ireland and New Zealand in the second half of 2025.
6.00 **International T20 Cricket**
7.00 **T20 Super Smash**
8.00 **Women's T20 Super Smash**
9.00 **The Monuments**
10.00 **UFC** Volkanovski v Lopes.
1.00 AM **UFC Main Event**
5.00 **to 6.00** AM **WRC Review**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **Super Bowl LV Highlights**
8.00 **NFL: America's Game**
9.00 **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights** Pittsburgh Steelers v Houston Texans.
12.00 NOON **NFL: America's Game** The Kansas City Chiefs side that won the Super Bowl in 2020.
1.00 PM **Super Bowl LV Highlights**
3.00 **NFL: America's Game**
4.00 **Super Bowl LVIII Highlights** San Francisco 49ers v Kansas City Chiefs from the 2023/24 season.
5.00 **Super Bowl LV Highlights** Tampa Bay Buccaneers v Kansas City Chiefs in the 2020/21 season.
7.00 **NFL: America's Game** The story of the Los Angeles Rams 2022 Super Bowl success.
8.00 **Super Bowl LIV Highlights** Kansas City Chiefs v San Francisco 49ers from the 2019/20 season.
10.00 **NFL Highlights** Action from Denver Broncos v Buffalo Bills.
11.00 **NFL: America's Game** A look at the Kansas City Chiefs road to Super Bowl success in 2023/24.
12.00 M'T **NFL: America's Game**
1.00 AM **Super Bowl LV Highlights**
3.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **LIVE Icons Series Golf** The second day of the Icons of Football team matchplay event in Bangkok.
11.00 **LIVE WSL** Simultaneous coverage of today's matches in the Women's Super League. Kick-offs are at **11.55am**.
1.55 PM **LIVE Premier League Nottingham Forest v Crystal Palace.** Coverage of the Premier League match staged at the City Ground. Kick-off **2.00pm**.
4.30 **Sports Sunday**
6.00 **LIVE LPGA Tour Golf** The fourth and final day of the LPGA Tournament of Champions from Lake Nona Golf and Country Club.
9.00 **Sky Sports Catch Up**
11.00 **LIVE NBA Basketball New York Knicks v Los Angeles Lakers.** The inter-conference match staged at Madison Square Garden. Tip-off **12.00m't**.
2.30 AM **LIVE NBA Basketball Denver Nuggers v Oklahoma City Thunder.** Coverage of the Western Conference Northwest Division match staged at Ball Arena. Tip-off **2.30am**.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **Women's State of Origin**
9.00 **PGA Tour Golf** Highlights.
10.00 **PGA Tour Champions**
11.00 **LIVE WSL West Ham United v Tottenham Hotspur.** Coverage of the Women's Super League match at Chigwell Construction Stadium. Bethany England scored an 86th-minute penalty to win the reverse fixture for Tottenham back in September. Kick-off **11.55am**.
2.30 PM **EFL Greatest Games**
3.00 **Super League Highlights**
4.00 **SA20** Highlights of the final.
5.00 **Big Bash League** The final.
6.00 **LIVE LPGA Tour Golf** The fourth and final day of the LPGA Tournament of Champions from Lake Nona Golf and Country Club.
9.00 **PGA Tour Champions**
10.00 **Women's State of Origin**
1.00 AM **PGA Tour Golf**
2.00 **Big Bash League**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **LIVE Isuzu UTE A-League Central Coast Mariners v Melbourne Victory.** Kick-off **6am**.
8.00 **Men's Cycling** Event review.
9.00 **LIVE Nordic Combined Skiing**
9.45 **UEFA Champions League**
10.15 **Fishing: On the Bank**
11.15 **LIVE Nordic Combined Skiing**
12.15 PM **TNT Sports Reload**
12.45 **Crouchy and Cole**
1.00 **LIVE German Masters Snooker** The final at Tempodrom.
4.00 **UEFA Europa League & Conference League Highlights**
5.00 **UEFA Champions League**
6.00 **Isuzu UTE A-League**
7.00 **LIVE German Masters Snooker** The final at Tempodrom.
10.00 **Formula E Highlights**
11.00 **Premiership Women's Rugby**
12.00 M'T **Australian Open**
1.30 AM **TNT Sports Reload**
2.00 **Women's T20 Super Smash**
3.00 **Men's Cycling Pro Series**
5.00 **to 6.00** AM **Fishing**

TNT Sports 4

414 416 524 411 434

6.00 AM **LIVE A-League Women Newcastle Jets v Wellington Phoenix.** Kick-off **6.00am**.
8.00 **Premier League**
9.30 **German Masters Snooker**
11.30 **LIVE Men's Cycling Pro Series** Coverage from Challenge Mallorca and Trofeo Palma.
1.15 PM **Playing for Our Future**
1.30 **Cyclocross** From Hulst.
2.00 **LIVE Cyclocross** From Hulst.
3.30 **UEFA Champions League**
4.00 **Crouchy and Cole**
4.15 **LIVE UEC Track Cycling Elite European Championship** The first day of the event in Turkey.
6.00 **WRC Review** Rally Monte Carlo.
7.00 **Formula E Highlights**
8.00 **Cycling Highlights**
10.30 **Skiing** Recent action.
12.00 M'T **WRC Review**
1.00 AM **Formula E Highlights**
2.00 **German Masters Snooker**
4.00 **International T20 Cricket**
5.00 **to 6.00** AM **Serie A**

Premier Sports 1

419 551

6.00 AM **NHL Ice Hockey**
7.00 **Top 14 Rugby Union**
9.00 **Football** Highlights and features.
1.30 PM **LIVE SPFL Hibernian v Rangers.** From Easter Road. Kick-off **2.00pm**.
4.30 **Argentine Primera Highlights**
5.00 **LaLiga Match Highlights**
5.25 **LIVE LaLiga Getafe v Celta Vigo.** At Estadio Coliseum. Kick-off **5.30pm**.
7.30 **LaLiga Match Highlights**
7.55 **LIVE LaLiga Athletic Bilbao v Real Sociedad.** The Spanish top-flight match from San Mamés. Kick-off **8.00pm**.
10.00 **LaLiga Match Highlights**
10.10 **LIVE Argentine Primera Division Boca Juniors v Newell's Old Boys.** Kick-off is at **10.15pm**.
12.15 AM **LaLiga Match Highlights**
12.30 **LIVE NASCAR** Cook Out Clash.
5.00 **Bike World** Recent action.
5.30 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **United Rugby Championship**
8.00 **Top 14 Rugby Union**
10.00 **Football Highlights**
12.55 PM **LIVE LaLiga Real Madrid v Rayo Vallecano.** The Spanish top-flight match held at Bernabeu. Kick-off **1.00pm**.
3.00 **LaLiga Match Highlights**
3.10 **LIVE LaLiga Real Betis v Valencia.** Spanish top-flight match staged at Estadio La Cartuja. Kick-off **3.15pm**.
5.15 **LaLiga Match Highlights**
5.30 **Football's Greatest**
6.00 **Eredivisie** PSV v Feyenoord.
8.00 **LIVE Top 14 Rugby Union Pau v Toulon.** From Stade du Hameau. Kick-off is at **8.05pm**.
10.00 **Bike World** Recent action.
10.30 **NHL on the Fly**
11.30 **LIVE NHL Ice Hockey Tampa Bay Lightning v Boston Bruins.** Face-off **11.30pm**.
2.30 AM **NHL Ice Hockey**
5.00 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **Formula 1** Highlights.
4.00 PM **Formula 1** Action from the 2025 Azerbaijan Grand Prix.
5.00 The 2025 Singapore GP.
6.00 The 2025 US Grand Prix.
7.00 The 2025 Mexico City GP.
8.00 **Formula 1** Highlights of the 2025 São Paulo Grand Prix.
9.00 The 2025 Las Vegas Grand Prix at Las Vegas Strip Circuit.
10.00 The 2025 Qatar Grand Prix at Lusail International Circuit.
11.00 The 2025 Abu Dhabi Grand Prix at Yas Marina Circuit.
12.00 M'T **to 6.00** AM **The Best of F1**

Monday

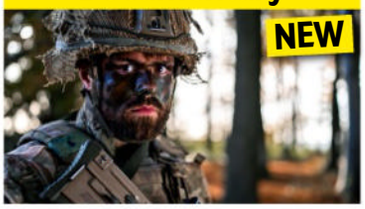
2 February

Evening Planner

Crime Drama

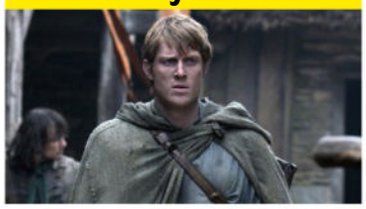
Silent Witness
BBC1, 9pm
The long-running forensic drama returns for its 29th series, with Nikki (Emilia Fox) and the team relocated to Birmingham.

Documentary



Platoon 24/7: Preparing for War
5, 9pm
A group of new soldiers work to bond as a team on an exercise in the Brecons.

Fantasy Drama



A Knight of the Seven Kingdoms
Sky Atlantic, 9pm
Ser Duncan teaches his squire Egg an important skill, as the fantasy continues.

OnDemand

discovery+

Vinnie Jones in the Country
Available today
The former footballer is back with more plans for his Sussex estate in this third series.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Our Man in Moscow		9.00 Silent Witness		10.00 News; Local News	10.40 Industry
	102 BBC2	7.00 Global Eye	7.30 Celebrity...	8.00 Only Connect...	8.30 University...	9.00 Lover, Liar, Predator			10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Fletchers'...	8.00 Emmerdale	8.30 Coronation...	9.00 After the Flood		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Jamie's Feasts for a Fiver		9.00 Secret Genius		10.00 Catching a Killer	
	105 5	7.00 Police Interceptors		8.00 Motorway Cops: Catching Britain's...		9.00 Platoon 24/7: Preparing for War			10.30 Inside the Force
	106 SKY SHOWCASE	7.00 Deadline Day				9.00 Film: Mad Max: Fury Road			
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Film: Shaun the Sheep Movie		8.45 Spud	9.05 The Traitors Ireland			
	116 BBC4	7.00 Wild China		8.00 Art of Persia		9.00 Call My Bluff	9.30 Face the Music	10.00 Brian Cox: Seven Days on Mars	
	118 ITV2	7.00 Deal or No Deal		7.55 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 The 1% Club	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 The Dog House		9.00 Our Farm Next Door: Amanda, Clive...		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Blue Bloods		10.00 The Equalizer	
	108 SKY ATLANTIC	◂ 6.55 Game of Thrones				9.00 A Knight of the Seven...	9.40 The Last of Us		
	110 U&GOLD		7.20 Dad's Army	8.00 Only Fools and Horses				10.00 Men Behaving Badly	10.40 Only...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Will & Ralf Should Know Better	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Foyle's War	
	120 ITV4	7.00 Formula E Highlights		8.00 The Motorbike Show		9.00 Film: Under Siege			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Out of Order		10.00 Al Murray: The Pub Landlord – Live...	
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld			10.15 The Leftovers
	113 SKY MAX		7.15 Stargate SG-1		8.15 Never Mind the Buzzcocks	9.00 A League of Their Own: Mexican...		10.00 An Idiot Abroad	
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise				10.00 Father Brown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Shall We Dance?					
	132 U&W	7.00 My Kitchen Rules: New Zealand		8.00 The Supervet		9.00 Pete Wicks: For Dogs' Sake		10.00 The Supervet	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Scrapyard Dynasty		9.00 Secrets Underground		10.00 Ancient Unexplained Files	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Air Jaws: The Hunted		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 Dutch Caribbean Coastguards	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 American Pickers		9.00 Gold Wars Downunder		10.00 Hells Angels: Kingdom Come	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Sacred Rivers with Simon Reeve		9.00 Cornwall with Simon Reeve		10.00 Bangers & Cash	
	121 SKY DOCS	7.05 The Jinx: The Life and Deaths of...		8.00 The Body Next Door					
FILMS – Sky Cinema	301 PREMIERE	◂ 6.15 The Cut		8.00 The Naked Gun			9.40 Prisoner of War		
	302 VALENTINES	◂ 6.15 Singin' in the Rain		8.00 Shirley Valentine				9.55 Sixteen Candles	
	303 BUDDY FILMS	◂ 6.20 Police Academy		8.00 Police Academy 2: Their First Assignment			9.35 Police Academy 3: Back in Training		
	304 GREATS	◂ 5.45 Last Action Hero		8.00 The Godfather					
	305 ANIMATION	◂ 5.40 Scoob!	7.20 The Garfield Movie			9.10 Mavka: The Forest Song			
	306 FAMILY	◂ 6.00 E.T. The Extra Terrestrial		8.00 IF			9.50 Journey to the Center of the Earth		
	307 ACTION	◂ 5.35 Spider-Man 3		8.00 The Amazing Spider-Man					10.20 The Amazing...
	308 COMEDY	7.00 Groundhog Day							
	309 THRILLER	◂ 5.45 Chinatown		8.00 Jaws				10.10 Hannibal	
	310 DRAMA	◂ 6.10 Dunkirk		8.00 I, Tonya				10.05 Joker: Folie à Deux	
	311 SCI-FI	◂ 6.05 Mad Max Beyond Thunderdome		8.00 Godzilla					10.30 AfrAld
	313 FILM4	◂ 6.00 Le Mans '66				9.00 Knock at the Cabin			
SPORT	401 MAIN EVENT	7.00 Deadline Day	7.30 MNF – Live: Sunderland v Burnley (Kick-off 8.00)						
	402 PREMIER LEAGUE	7.00 MNF – Live: Sunderland v Burnley (Kick-off 8.00)							
	403 FOOTBALL	◂ 6.30 Bundesliga...	7.30 EFL Goals		8.30 WSL	9.00 SPFL Round-Up	9.30 EFL Highlights		10.30 Bundesliga...
	405 CRICKET	7.00 SA20		8.00 WPL					
	410 TNT SPORTS 1	7.00 International T20 Cricket Highlights		8.00 The Gruppetto	8.30 UEFA Magazine	9.00 Fishing: On the Bank		10.00 UEFA Champions League Magazine	
	411 TNT SPORTS 2	◂ 6.00 Ultimate Pool – Live: Coverage of Group Five of the Women's Champions League					9.30 ABB FIA Formula E World...		10.30 Men's Cycling...

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain: Holidays** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** (S)(R)
2.30 **Marcus Wareing Simply Provence** Marcus gives an impromptu cooking demonstration. (S)(R)
3.00 **Escape to the Country** New edition West Yorkshire. (S)
3.45 **Clean It, Fix It** (S)(R)
4.30 **Antiques Road Trip** New edition Margie Cooper and Danny Sebastian head to Scotland. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)

7.30 **EastEnders** Vicki and Zack share a charged moment, and Honey shows Bea the ropes during her first day at the Minute Mart. (S)(AD)

8 PM

8.00 NEW **Our Man in Moscow** In a *Panorama* special, the BBC's Russia Editor, Steve Rosenberg, reflects on how the country has changed in the 25 years he's been there. (S)

9 PM

9.00 NEW SERIES **Silent Witness** *The Disappearance of Alice Hill – Part One:* 1/10. Return of the crime drama starring Emilia Fox. Nikki and Jack hunt a suspected hitman in Birmingham. *See feature, p4.* (S29) (S)(AD)
■ Continues tomorrow

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Industry** New episode *1,000 Yoots, One Marilyn:* 4/8. After landing their banking licence, Tender partners with the wealth management arm of a global financial institution to launch their new banking app. (S4) (S)(AD)
11.40 **The Traitors Ireland** 5/12. Tensions are high as suspicion is everywhere. An explosive argument leaves the players reeling, and threatens to have an impact on the Round Table. (S)(R)
12.30 AM 6/12. A shocking turn of events leaves the players unsure of who to believe. (S)(R)
1.20 **Weather for the Week Ahead** (S)
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.05 AM **Bargain Hunt** (S)(R)(AD)
7.00 **Sign Zone: The Repair Shop** (S)(R)
8.00 **Match of the Day** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Bridge of Lies** Quiz show. (S)(R)
1.45 **Unbeatable** Game show. (S)(R)
2.15 **The Boss** Quiz show. (S)(R)
3.00 **The Vintage French Farmhouse**
3.45 **Who Do You Think You Are? USA** With America Ferrera. (S)(R)(AD)
4.15 **Scotland from the Sky** (S)(R)
5.15 **Flog It!** From Sheffield. (S)(R)(AD)
6.00 **Richard Osman's House of Games** New edition With Fatiha El-Ghorri, Patrick Grant, Mr Motivator and Lauren Oakley. (S)
6.30 **Clive Myrie's African Adventure** New edition 6/10. Clive heads to the Nigerian city of Lagos. (S)(AD)
■ Entire series on BBC iPlayer

8.30 University Challenge

7.00 **Global Eye** Featuring investigations from BBC correspondents across the world. (S)

7.30 **Celebrity Mastermind** Maryam Moshiri, Chesney Hawkes, Desiree Burch and Danny Robins take part. (S)(R)

8.00 **Only Connect Champion of Champions Special** The Strigiformes take on the Thrifters in the quiz. (S)(R)

8.30 **University Challenge** New edition Imperial College London face the University of Warwick in the quarter-finals. (S)

9.00 NEW **Lover, Liar, Predator** Four women, all survivors of the same dangerous man, join forces to end their nightmare and bring him to justice. Jenni, Natalie, Shannon and Robyn waive their anonymity to tell their story in chilling detail, laying bare the confusion, intricacies and frightening realities of coercive control, and revealing how they became trapped by serial predator and sex abuser Aaron Swan. (S)(AD)

10.30 **Newsnight** (S)

11.00 **What We Do in the Shadows** New episodes 6/11. Laszlo's father's ghost returns to make amends. Guest stars Steve Coogan. (S)(AD)
11.30 7/11. Laszlo and Nandor try to exorcise a demon. (S6) (S)(AD)
11.55 FILM **Retreat** Psychological thriller starring Cillian Murphy. (S) (2011, 15, 85min) ★★★
1.20 AM **Sign Zone: Waterloo Road** (R)
2.20 **Sign Zone: Death in Paradise** (R)
3.20 **Sign Zone: Countryfile** (S)(R)
4.15 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team are in Stoke-on-Trent to assess items, including a ceramic cat bought in a charity shop. (S)(R)(AD)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as contestant Ty tries to open the 22 red boxes in the right order. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 After the Flood

7.30 **Fletchers' Family Farm** Kelvin takes his son Milo on an adventure to his first cattle market, Liz channels her inner shepherdess as she single-handedly delivers a lamb, while the twins celebrate their first birthday. (S)(R)(AD)

8.00 **Emmerdale** Moira and Cain are arrested, while Caleb reveals some devastating information. (S)(AD)

8.30 **Coronation Street** Theo deserts Todd with only a measly allowance, and Jack chooses Abi over Kevin. (S)(AD)

9.00 **After the Flood** Series finale 6/6. As the police search for Declan, a bombshell revelation threatens Jo and Pat's investigation into Mackie, and the murderer is finally revealed. (S2) (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **The Murder of Bianca Devins: Social Media Murders** 3/4. A woman in New York is murdered and the killer posts footage of his crime online, with her family having to take on social media platforms to remove the evidence. (S)(R)(AD)
11.35 **It'll Be Alright on the Night** TV clangers, including Bradley Walsh falling over while recording *Blankety Blank*. (S)(R)(AD)
12.00 M'T **Teleshopping**
3.00 AM **The Hunting Wives** 8/8. Salazar discovers another crime scene. (S1) (S)(SL)(R)(AD)
3.55 **Unwind with ITV** (S)
5.10 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 14-16/22. (S7) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 7-10/25. (S11) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A search for a property in Valencia, Spain. (S)(R)
4.00 **A New Life in the Sun** New edition A former soap star begins a new life out of the spotlight as a B&B host in Italy. (S)
5.00 **Chateau DIY: Win the Dream** New edition The second heat begins with contestants tackling attic snug transformations. (S)(AD)
6.00 **A Place in the Sun** New edition A search for a holiday home near Estepona on the Costa del Sol. (S)

8.00 Jamie's Feasts for a Fiver

7.00 **News** (S)

8.00 **Jamie's Feasts for a Fiver** New edition Jamie Oliver demonstrates a good value shortcrust pastry, and is joined by Roopa Gulati, who cooks her family recipe for red lentil dal with spinach. (S)(AD)

9.00 **Secret Genius** New edition 2/6. Alan Carr and Susie Dent challenge 12 more contestants to compete for a place in the final by spotting the link between sets of words and taking a sweet shop memory test. (S)(AD)

10.00 **Catching a Killer** Following the investigation into the murder of Cumali Turhan, who was stabbed to death in a Chelmsford bar in November 2024, only for his body to go missing. (S)(R)(AD)
11.15 **999: What Happened Next** (S)(R)
12.20 AM NEW **Walter Presents: The Pushover** 1/6. Norwegian crime drama based on Lone Theils' novel. Subtitled. (S1)
■ Entire series on C4 Streaming
1.10 **Ramsay's Hotel Hell** (S)(SL)(R)
2.00 **David Baddiel: Cat Man** (S)(R)
2.55 **Kirstie and Phil's Love It or List It**
3.50 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)(AD)
4.15 **Kirstie's House of Craft** (S)(R)
4.35 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** *Inheritance:* 2/6. Charlie's Aunt Fifi is poisoned. (S4) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Paul expands his new barbecue venture. (S)
5.00 **News** (S)
6.00 NEW SERIES **Love Nature** 1/5. Short films focusing on the people, places and projects protecting and restoring nature in the UK's regions. (S)
6.05 **The Motorway** Two patrollers race to a serious car fire. (S)(R)
6.55 **News** (S)

9.00 Platoon 24/7

7.00 **Police Interceptors** Officers join the National Police Air Service to stop two suspects in a car believed to be on cloned plates. (S)(R)
7.55 **News** (S)

8.00 NEW SERIES **Motorway Cops: Catching Britain's Speeders** Two officers pursue a driver who refused to pay for fuel at a petrol station in Lincolnshire, learning he might be high on magic mushrooms. (S)

9.00 NEW SERIES **Platoon 24/7: Preparing for War** 1/3. Documentary following the 30 soldiers of 13 Platoon from the Army's Rifles Infantry regiment as they learn to live, work and play together ahead of deployment to Eastern Europe in six months' time. (S)
10.30 **Inside the Force** A man crashes a car into a garden wall and flees, but once arrested, there is suspicion he might be under the influence of drugs. (S)(R)

11.30 **Traffic Cops** Derbyshire officers receive a tip-off about a suspected drink-driver. (S)(R)
12.30 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** 1&2/24. (S2) (S)(R)
3.45 **Rich House, Poor House** (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S7) (S)(R)
11.00 **Planet Shark** (S)(R)(AD)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** 8/22. The team work with the DEA. (S)(R) **2.00** 9/22. Tani helps Junior track down the thief who burgled his parents' home. (S10) (S)(R)
3.00 **S.W.A.T.** 9/18. The team deal with their distress in varied ways after a mission has a tragic outcome. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** 18/22. An employee of the US Navy's missile defence programme is murdered. (S13) (S)(R)
5.00 **Deadline Day** The latest news from transfer deadline day.

9.00 Mad Max: Fury Road

7.00 **Deadline Day** The latest, breaking stories as the winter transfer window closes.

8.00 **Deadline Day** The latest, breaking stories as the winter transfer window closes.

9.00 FILM **Mad Max: Fury Road** Sci-fi thriller reboot starring Tom Hardy and Charlize Theron. A drifter in a post-apocalyptic wasteland helps a warrior to liberate a sadistic warlord's five brides. With Nicholas Hoult, Hugh Keays-Byrne and Rosie Huntington-Whiteley. (S)(AD) (2015, 15, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.15 **The Essex Murders: Who Killed Goldfinger?** 3/3. A hitman is suspected in John Palmer's murder. (S)(R)(AD)
12.15 AM **Curb Your Enthusiasm** 9&10/10. Double bill. (S7) (S)(R)
1.30 **The Office (US)** (S2) (S)(R)
2.30 **Road Wars** (S)(R)
3.00 **S.W.A.T.** As 3.00pm. (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.40pm Scotcast (S)(R) **12.10am** The Traitors Ireland New editions (S) **1.50** Weather for the Week Ahead (S) **1.55-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00pm House of the Year New edition (S) **8.30-9.00** Amanda & Alan's Greek Job New edition (S) **10.40** The Traitors Ireland New editions (S) **12.20am** NEW Our Man in Moscow (S) **1.25** Trace, Track, Get My Car Back (S)(R) **1.50-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm Bear Grylls: Wild Reckoning New edition (S) **11.40** Scrum V Highlights (S)(R) **12.10am** The Traitors Ireland New edition (S) **1.00-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
11.00pm Titanic Sinks Tonight (S)(R) **12.00m't** What We Do in the Shadows New episodes (S)(AD) **12.55-1.20am** BBC News (S)

WALES
Sky 968, Freesat 968
7.00pm The One Show (S) **7.30-8.00pm** Scrum V Highlights (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cais Quinnell **12.30** Heno **1.00** Iaith ar Daith **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cyfrinachau'r Llyfrgell **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cartrefi Cymru **6.30** Rownd a Rownd **6.57** Newyddion **7.00** Heno **7.30** Newyddion a'r Tywydd **8.00** Sgwrs Dan y Lloer **8.25** NEW SERIES Ciao! Colleen Ag Owain **8.55** Newyddion a'r Tywydd **9.00** Ffermio New edition **9.33** Y Tywydd **9.35** Sgorio **10.05** Troseddau Cymru Gyda Sian Lloyd **11.05-11.30pm** Ar Led

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** Plankton goes to jail. **7.15** Sandy struggles to build a ship-in-a-bottle before a big contest.
7.30 FILM **Shaun the Sheep Movie** Animation featuring the voice of Justin Fletcher. Shaun the Sheep spends his day off in the big city trying to save the farmer. (2015, U, 85min) ★★★★
8.45 **Spud** Short comedy drama, written by and starring Siobhán McSweeney.
9.05 **The Traitors Ireland** New editions 5/12. An explosive argument leaves the players reeling. **9.55** 6/12. A shocking turn of events leaves the players unsure of who to believe.
10.45 **The Beauty Queen and the Catfish** 1-3/3. Triple bill.
1.05 AM **RuPaul's Drag Race UK vs the World**
2.20 **Things You Should Have Done** 1-3/6. (S2)
3.50 **to 4.00** AM **It's What She Would Have Wanted**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Wild China** A look at the lives of animals inhabiting the Tibetan plateau.
8.00 **Art of Persia** 3/3. Samira Ahmed goes back to when Persia faced Genghis Khan and reveals how the Safavids, who succeeded the Mongols, give Iran a powerful new identity.
9.00 **Call My Bluff** With Joanna Lumley, Miles Kington, Rula Lenska and Ian Wooldridge.
9.30 **Face the Music** With Joyce Grenfell, Richard Baker, Robin Ray and guest musician Lina Lalandi.
10.00 **Brian Cox: Seven Days on Mars** The physicist goes behind the scenes at NASA's Jet Propulsion Laboratory.
11.30 **Voyage to Mars: The Longest Goodbye** Following astronauts training for a three-year absence from Earth.
12.55 AM **The Race to Mars: Tomorrow's World**
1.25 **Face the Music**
1.55 **Meet the Ancestors**
2.25 **to 3.25** AM **Art of Persia**

MORE4

136/137 127 147 18 124 15

8.55 AM **Strangers on a Plane**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** A couple looking to retire to Orihuela in eastern Spain.
5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a Bond Bug three-wheeler. **6.55** Tim and Fuzz get to work on a 1964 Porsche 356 that belongs to a former ambulance driver.
7.55 **The Dog House** Eleven-year-old terrier cross Holly arrives at Woodgreen animal charity, shellshocked after losing her lifelong companion.
9.00 **Our Farm Next Door: Amanda, Clive and Kids** New edition As the main interior work approaches completion, Amanda takes the girls go on a camping trip under the stars in Swaledale, and searches for a new fireplace for the living room.
10.00 **24 Hours in A&E** A 21-year-old patient is brought in after suffering a suspected stroke.
11.05 **24 Hours in A&E**
12.10 AM **Our Farm Next Door: Amanda, Clive and Kids**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Supermarkets Unwrapped: Fruit & Veg Aisle**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **Hollyoaks** The McQueens gather for a therapy session.
7.30 **The Simpsons** *The Squirt and the Whale:* Lisa befriends a beached whale.
8.00 **First Dates** Barrister Sarah is paired with ex-military man Dan, while Mancunian friends Megan and Ellena are on a double date.
9.00 **Gogglebox** Opinions on *Line of Duty, Formula1: Drive to Survive* and *Ant & Dec's Saturday Night Takeaway.*
10.00 **Gogglebox** Appraisals of *Teen First Dates* and *The Flight Attendant.*
11.05 **Open House: The Great Sex Experiment**
12.10 AM **Naked Attraction**
1.15 **First Dates**
2.15 **Gogglebox**
3.10 **Naked Attraction**
4.05 **The Goldbergs**
4.55 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Monday primetime primetime

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Send in the Dogs**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 5/22. (S5)
1.00 PM **The Rookie** 15&16/22. (S5)
3.00 **Watson** 6/13. Stephens musters the courage to ask John to help with a case. (S1)
4.00 **Law & Order: Criminal Intent** 8/22. A reporter and his fiancée are killed. (S1)
5.00 **Nothing to Declare**

10.00 The Equalizer

7 PM
7.00 Police 24/7 A driver gets caught with prescriptions that aren't hers, and a pursuit turns to a rescue when the driver crashes.

8 PM
8.00 Law & Order: Criminal Intent *Neighbourhood Watch:* 20/22. A suspected paedophile is decapitated nd mutilated. (S7)

9 PM
9.00 Blue Bloods *End of Tour:* 18/18. The gangs of New York unite to demand the release of their imprisoned members. (S14)

10 PM
10.00 The Equalizer *It Takes a Village:* 4/10. McCall investigates the staged suicide of a community activist. (S1)
11.00 **The Rookie** 5/22. (S4)
12.00 M'T **FBI** 4/22. (S5)
1.00 AM **Law & Order: Criminal Intent** 16/22. (S7)
2.00 **Caught on Dashcam**
3.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **The Force: Manchester**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **The Guest Wing**
8.00 **Boardwalk Empire** (S4)
10.10 **The Sopranos** (S4)
12.20 PM **Game of Thrones** (S5)
2.30 **The Wire** 2&3/13. (S4)
4.40 **Westworld** 1/8. Dolores develops a relationship with Caleb, and comes to learn how artificial beings are treated in the real world. (S3)
5.55 **Deadwood** As 10.45pm. (S2)
6.55 **Game of Thrones** 1/10. Jon Snow tries to mediate between Mance Rayder and Stannis Baratheon. (S5)

9.00 A Knight of the Seven...

7.55 Game of Thrones *The House of Black and White:* 2/10. Arya arrives in Braavos, Stannis has a proposal, and Cersei fears for her daughter's safety in Dorne. (S5)

9.00 A Knight of the Seven Kingdoms New episode *The Squire:* 3/6. *See feature, page 11.* (S1)
9.40 The Last of Us *The Path:* 3/7. Ellie prepares to petition the town council. Near Seattle, a religious group flee a war. (S2)
10.45 Deadwood *Amalgamation and Capital:* 9/12. Swearengen a departure deal with Miss Isringhausen. (S2)
11.50 **The Sopranos** 1-3/13. (S4)
3.00 AM **Game of Thrones**
5.05 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **The Flash** 20/20. (S8)
9.00 **Stargate SG-1** (S7)
11.00 **SEAL Team** 9/10. (S7)
12.00 NOON **The Flash** 1/13. (S9)
1.00 PM **Hawaii Five-0** (S10)
3.05 **S.W.A.T.** 9/18. (S4)
4.10 **NCIS: Los Angeles** (S13)
5.15 **SEAL Team** 8/10. The team make a shocking discovery at Nazario's camp. (S7)
6.15 **Stargate SG-1** 5/22. The team members puzzle over the disappearance of residents from P3X-289. (S7)

6.15 Stargate SG-1

7.15 Stargate SG-1 *Lifeboat:* 6/22. Daniel's body is taken over by the multiple personalities of spacecraft crash survivors. (S7)

8.15 Never Mind the Buzzcocks With guests Roisin Murphy, Dermot Kennedy and Billy Porter.

9.00 A League of Their Own: Mexican Road Trip 4/6. Jamie, Jill, Micah and Mo photograph a sea lion colony while scuba diving.

10.00 An Idiot Abroad 6/8. Karl heads for Christ the Redeemer in Rio de Janeiro, taking in Brazil's culture along the way.
11.00 **Fear the Walking Dead** 6/16. News of danger spreads throughout the community as Madison struggles to keep everyone together. (S3)
12.00 M'T **The Force: Manchester**
2.00 AM **Road Wars**
3.00 **S.W.A.T.** 9/18. (S4)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.35 **Baby Steps** Reality series.
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly Hills** Reality series.
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
5.55 **Celebrity Catchphrase**

9.00 Love Island: All Stars

7.00 Deal or No Deal Stephen Mulhern hosts as Dami takes on the Banker for the chance to win life-changing money.

7.55 NEW SERIES **The Real Housewives of Orange County** Shannon is loving the single life as Jenn prepares for her wedding.

9.00 Love Island: All Stars New edition Famous former Islanders are given another shot at finding the one.

10.05 The 1% Club Quiz show hosted by Lee Mack in which the questions are based around logic and common sense.
11.05 **Family Guy** 20&15/20. (S16)
12.05 AM **American Dad!** New episode 15/22. Stan tries to achieve immortality. (S20)
12.35 **American Dad!** 1/20. (S14)
1.05 **Bob's Burgers** (S12)
2.05 **Plebs** 1/6. (S1)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.20 PM **Foyle's War** *The Russian House:* Foyle stumbles on an international cover-up.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Memoirs of a Fighting Man:* A pillar of the community is suspected of murder after shooting a youth.

10.00 Foyle's War

6.55 Heartbeat *Pretty Woman:* A beauty queen is targeted by mysterious attackers ahead of the Miss Yorkshire contest.

8.00 Midsomer Murders *Ring Out Your Dead:* The bell-ringers of Midsomer Wellow are mysteriously murdered one by one – and it seems an ancient rhyme may hold the key to the killer's motive.

10.00 Foyle's War *Killing Time:* Foyle comes up against racial tensions and the might of the US Army when a black GI is thought to have murdered a local woman.
11.50 **Trial & Retribution** 3/10. Part one of two. The detectives investigate the murder of a schoolgirl. (S10)
1.25 AM **The Larkins** 6/6. (S1)
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Banjo and Ro's Grand Island Hotel** A storm closes in.
2.30 **Sign Zone: Island Crossings** Documentary.
3.30 **Sign Zone: Eat the Town**
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **The Mountain**
8.00 **The Repair Shop on the Road** New edition The team revive a camera recovered from the depths of Loch Ness.
8.45 **Beechgrove Repotted**
9.00 **The Women Who Changed Modern Scotland** Documentary.
10.00 **Banjo and Ro's Grand Island Hotel** New edition Isolation, money woes and house chaos mount.
10.30 **Two Doors Down** (S1)
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Situationships with Sophie and Christine**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Ballers** 9&10/10. (S1)
10.20 **Sex and the City** (S1)
11.30 **Entourage** (S3)
12.30 PM **Will & Grace** (S4)
1.30 **Sex and the City** (S2)
2.40 **Ballers** 1&2/10. (S2)
3.50 **And Just Like That...**
4.45 **The Office (US)** (S2)
5.45 **Will & Grace** (S5)
6.45 **Community** (S5)
7.45 **Sex and the City** 1/18. Carrie dumps Big.
8.20 2/18. Miranda learns to talk dirty. (S2)
9.00 **Real Time with Bill Maher** New edition
10.10 **And Just Like That...** *The Last Supper: Part Two – Entree:* 11/11. Carrie puts the finishing touches on her dinner party. (S2)
11.05 **Community** (S5)
12.05 AM **Entourage** (S3)
1.05 **Ballers** 1&2/10. (S2)
2.25 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **A Swan Lake**
7.55 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **Landscape Artist of the Year** From Dover.
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: Shall We Dance?**
11.00 **Rising Stars with Julian Lloyd Webber**
12.00 M'T **Nigel Kennedy: The Four Seasons**
1.10 AM **Lang Lang: My Favourite Melodies**
2.20 **Alice Walker: Beauty in Truth**
3.40 **Landmark**
4.40 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager** (S6)
7.00 **Star Trek: The Next Generation** *Timescape:* 25/26. The *Enterprise* is frozen in time. (S6)
8.00 **Star Trek: Deep Space Nine** *When It Rains:* 21/26. Kira comes to an enemy's aid. (S7)
9.00 **FBI** 13&14/22. (S5)
11.00 **Grimm** 4/22. (S5)
12.00 M'T **Wynonna Earp** (S3)
1.00 AM **Night Cops**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Game show.
2.00 **Tenable** Quiz show.
3.00 **Millionaire Hot Seat**
4.00 **Time Is Money** Sara Davies hosts the quiz in which contestants are given their prize money before they have answered a question, and must race against time to keep hold of it.
5.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Craig takes on the ruthless Banker.
6.00 **Lingo** Triple bill of the quiz hosted by Adil Ray.
9.00 **Millionaire Hot Seat** Double bill of the quiz show hosted by Jeremy Clarkson in which six hopefuls compete for a £1 million prize.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable**
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **Chateau DIY: Win the Dream**
1.00 PM **A Place in the Sun**
3.00 **Kirstie and Phil's Love It or List It: Brilliant Builds** Cluttered homes.
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Jamie's Feasts for a Fiver** A Thai traybake.
8.00 **Location, Location, Location** From Surrey and the Royal Borough of Kingston upon Thames.
9.00 **24 Hours in A&E**
10.00 **24 Hours in Police Custody: Burying Horror**
11.05 **Manhunt**
12.05 AM FILM **Made in Italy** Comedy drama starring Liam Neeson. (2020, 15, 94min) ★★★
1.55 **8 Out of 10 Cats Does Countdown**
2.55 **to 5.00** AM **Celebrity Gogglebox**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.20 **The Sweeney**
12.25 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Boon**
4.50 **The Sweeney** *Stoppo Driver:* A police officer is coerced into driving a getaway car.
5.55 **Minder** *All Mod Cons:* Arthur tries to sell Terry's flat without telling him.

9.00 Under Siege

7.00 **Formula E Highlights** Action from the Miami E-Prix, the third race of the season, held at Miami International Autodrome.
8.00 **The Motorbike Show** Henry and Sam try out a motorbike with an extra wheel in the form of a custom trike.
9.00 FILM **Under Siege** Action thriller starring Steven Seagal as a ship's cook tackling terrorists on board a battleship loaded with nuclear weapons. With Tommy Lee Jones and Gary Busey. (1992, 15, 98min) ★★★ SEX●●● VIOLENCE●●● LANG●●●
11.05 FILM **Thunderball** James Bond adventure with Sean Connery. (1965, PG, 140min) ★★★★
1.30 AM **Lost** 6/25. (S1)
2.15 **Auto Mundial**
2.40 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 16/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 17/26. (S5)
2.00 **The Ark** 1&2/12. (S1)
4.00 **Stargate SG-1** 5/22. (S2)
5.00 **Star Trek: Voyager** 9/16. An away team discover a number of bodies. (S1)
6.00 **Star Trek: The Next Generation** 16/26. Worf is paralysed in an accident. (S5)

9.00 Westworld

7.00 **Star Trek: Deep Space Nine** *A Simple Investigation:* 17/26. Odo falls in love with a woman with a dark secret. (S5)
8.00 **Stargate SG-1** *Need:* 5/22. Jackson falls under the spell of an alien princess. (S2)
9.00 **Westworld** *The Original:* 1/10. Sci-fi drama inspired by Michael Crichton's 1973 film about a futuristic theme park. (S1)
10.15 **The Leftovers** *Pilot:* 1/10. Mystery drama with Justin Theroux, Amy Brenneman, Christopher Eccleston and Liv Tyler. (S1)
11.30 **Wynonna Earp** 8/12. Wynonna may finally learn the origin of the Earp curse. (S2)
12.20 AM **True Blood** 9/12. Bill breaks a vampire taboo. **1.20** 10/12. Sam shares his secret with Sookie. (S1)
2.20 **The Ark** 1&2/12. (S1)
4.10 **Wynonna Earp** As 11.30pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 13/22. (S6)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 8/13. (S2)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Mentalist** 13/22. (S6)
5.00 **Hudson & Rex** 11/20. Rex finds a body during Charlie and Sarah's weekend getaway. (S5)
6.00 **Father Brown** *The Battle of Kembleford:* A murder occurs at a battle re-enactment.

4.00 The Mentalist

7.00 **Miss Fisher's Murder Mysteries** *The Blood of Juana the Mad:* 8/13. A corpse is revealed during an anatomy lecture. (S2)
8.00 **Death in Paradise** *Political Suicide:* 5/8. A prominent politician commits suicide after his affair is exposed. (S3)
9.00 **Death in Paradise** *The Secret of the Flame Tree:* 2/8. A young literature student is pushed off a cliff to her death. (S6)
10.00 **Father Brown** *The Face of the Enemy:* The priest spies trouble when Lady Felicia returns to Kembleford from Africa.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 21/21. When Margaret is too sick to work, Todd must step in and impersonate a lawyer. (S1)
1.00 AM **Death in Paradise** (S3)
2.00 **Evil** 1/10. (S3)
3.00 **to 4.00** AM **Far North**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.25 **Are You Being Served?**
10.00 **Porridge**
10.40 **Keeping Up Appearances**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.35 **Are You Being Served?**
3.20 **Porridge**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Porridge**

4.40 Last of the Summer Wine

7.20 **Dad's Army** Captain Mainwaring organises a dance in an attempt to boost platoon morale.
8.00 **Only Fools and Horses** Del encounters an old flame from almost 20 years previously. **8.40** Del pays a stripper to attend a party at the Nag's Head with Rodney. **9.20** Del Boy launches his own chandelier-cleaning business.
10.00 **Men Behaving Badly** Gary celebrates his reunion with Dorothy.
10.40 **Only Fools and Horses** As shown at 8.00pm.
11.20 **Only Fools and Horses**
12.40 AM **Men Behaving Badly**
1.20 **Keeping Up Appearances** Hyacinth decides to find a new hobby for Richard.
2.00 **The Green Green Grass** Marlene throws Boycie out.
2.40 **to 4.00** AM **Avoidance**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May's Things You Need to Know** Double bill.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **How Britain Worked**
11.00 **Rick Stein's Road to Mexico**
12.00 NOON **Bangers & Cash**
2.00 PM **Extreme Fishing with Robson Green** Costa Rica.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** The impact of Britain's colonial past on the nation's food.
6.00 **Rick Stein's Road to Mexico** The chef reaches Oaxaca.

10.00 Will & Ralf Should Know...

7.00 **Would I Lie to You?** With guests Danny Dyer, Moira Stuart, Joe Lycett and Jon Richardson. **7 PM**
7.40 **Richard Osman's House of Games** With Kerry Howard and Toby Anstis. **8.20** With Roo Irvine, John Kearns, Diarmuid Gavin and Claire Richards. **8 PM**
9.00 **QI XL** Greg Proops, David O'Doherty and Reginald D Hunter join regular panellist Alan Davies and host Stephen Fry. **9 PM**
10.00 **Will & Ralf Should Know Better** Will Mellor and Ralf Little drive a tank blindfolded and try wheelchair basketball. **10 PM**
11.00 **Taskmaster** Host Greg Davies sets challenges involving snowglobes, rubber ducks and wooden spoons.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Not Going Out**
3.30 **to 4.00** AM **Gadget Man**

+1 hour 211/212 327 74 259

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 8-10/23. (S2)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Twilight:* 23/23. An old enemy targets Gibbs. Guest stars Rudolf Martin. (S2) **7.00** *Kill Ari – Part One:* 1/24. The team reel after the terrorist attack and try to locate Ari. **8.00** *Kill Ari – Part Two:* 2/24. Gibbs gets Jenny's help to track Ari. (S3) **9.00** New episode *The Trouble with Hal:* 2/30. A lieutenant returns home to a surprise. (S22)
10.00 **Law & Order: Special Victims Unit** *Flight Risk:* 11/24. A pilot hijacks a commercial plane to escape from a man who attacked her. (S19)
11.00 **Law & Order: Special Victims Unit** (S19&18)
1.50 AM **Blue Bloods** (S9)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Staff rush to help a woman who has arrived in an ambulance and is struggling to breathe.
9.00 **Ambulance: Code Red**
10.00 **A&E After Dark**
11.00 **Skin A&E**
12.00 M'T **Plastic Surgery Knifemares**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
12.00 NOON FILM **Rough Night in Jericho** Western starring Dean Martin. (1967, PG, 97min) ★★
2.10 PM FILM **Chief Crazy Horse** Western drama starring Victor Mature. (1955, PG, 88min) ★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** A car has broken down and PC Andy Doran is called in to support Highways.
8.00 **Police Interceptors**
9.00 **Police Raid: Minute by Minute** Documentary.
10.00 **Police: Night Shift 999**
11.00 **Banged Up Abroad**
12.00 M'T **Deadliest Weather: Caught on Camera**
1.05 AM **Ice Road Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: New Zealand** In a people's choice challenge, the teams cook on BBQs in Auckland's Viaduct.
8.00 **The Supervet** A Jackahuahua puppy is in need of spinal surgery.
9.00 **Pete Wicks: For Dogs' Sake** Series finale 5/5. Pete meets Staffy boxer cross Crumble, who's been at the centre for over three years.
10.00 **The Supervet**
12.00 M'T **Louis Theroux: A Place for Paedophiles**
1.00 AM **Death at the Mansion: Rebecca Zahau**
2.00 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
8.20 **Doctors**
9.35 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **All Creatures Great and Small**
3.00 **Howards' Way**
4.10 **Bergerac**
5.20 **The Thin Blue Line**
6.00 **Last of the Summer Wine** Double bill.
8.00 **Judge John Deed** *In Defence of Others:* The judge presides over the case of a man who killed a paedophile.
10.00 **New Tricks**
11.20 **Waking the Dead**
12.40 AM **Sister Boniface Mysteries** 7/10. (S1)
1.40 **The Thin Blue Line**
2.25 **Last of the Summer Wine** Compo bags a jumble sale bargain.
2.55 **to 4.00** AM **Art Detectives**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Auschwitz: The Nazis and the Final Solution**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Auschwitz: The Nazis and the Final Solution**
5.00 **World War Weird**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 **Sacred Rivers with Simon Reeve** The adventurer travels along the Yangtze in China.
9.00 **Cornwall with Simon Reeve** 2/2. Simon investigates the environmental challenges facing the county.
10.00 **Bangers & Cash**
12.00 M'T **Abandoned Engineering**
2.00 **to 3.00** AM **World War Weird**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Toyah Willcox.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House** Rare SAS badges.
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters** Triple bill, including at: **8.00** Drew visits a private school with a cellar full of furniture.
9.00 **Secret Life of the Auction House** A possible Victorian vampire slaying kit.
10.00 **The Yorkshire Auction House** An attic filled with Ferrari memorabilia.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 13-15/24. (S6)
1.00 PM **The Waltons** (S2)
3.00 **Ballykissangel** 1/6. (S1)
4.10 **Hamish Macbeth** (S1)
5.20 **Doctor Finlay** 2/8. (S4)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 10-12/20. (S9)
9.00 **Dear John** 6/7. The hapless teacher embarks on another foray into the world of romance. (S2)
9.40 **Just Good Friends** 1/7. First episode of the comedy. Penny cannot resist the charms of her ex-fiancé Vince. **10.15** 2/7. Vince runs into Penny's mother. (S1)
10.55 **The New Avengers** (S1)
11.55 **The Avengers** (S5)
12.55 AM **M*A*S*H** (S9)
2.25 **Home to Roost** (S2)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.10 AM **Tombstone Territory**
10.10 FILM **Terror in a Texas Town** Western. (1958, b/w, PG, 81min) ★★★
12.00 NOON **The High Chaparral** 8/26. (S3)
1.00 PM FILM **Bad Man's River** (1972, 12) ★
3.00 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers** (S2)
9.00 FILM **Rambo: First Blood Part II** Action thriller sequel. (1985, 15, 96min) ★★★
11.10 FILM **Escape Plan 3** Action thriller sequel. (2019, 15, 97min) ★
1.10 AM **The Avengers** (S4)
2.10 **The New Avengers** (S2)
3.05 **Police Ten 7**
3.40 FILM **Miami Magma** Thriller. (2011, 15) ★★
5.15 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S3)
11.10 **Castle** 4/23. (S6)
12.10 PM FILM **Silent Witness** Drama. (2019, PG) ★★
2.05 FILM **Signed Sealed Delivered** Crime drama. (2013, PG, 87min) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 5/23. (S6)
8.00 **Unforgettable** (S3)
9.00 FILM **Ruby Herring Mysteries: Her Last Breath** Crime thriller. (2019, PG, 84min) ★★
10.55 FILM **A Beautiful Place to Die** Crime drama. (2020, PG, 84min) ★★
12.50 AM FILM **The Ex Next Door** (2019, PG) ★★
2.30 FILM **The Wrong Mother** (2017, PG) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM FILM **A Slice of Chicago Romance** Drama. (2022, PG) ★★
10.15 FILM **Meet Me in New York** (2022, PG) ★★
12.15 PM FILM **A Royal Recipe for Love** Drama. (2023, PG, 89min) ★★
2.15 FILM **Wedding Season** Comedy. (2023, U) ★★
4.10 FILM **One Perfect Wedding** Drama. (2021, PG, 84min) ★★
6.05 FILM **One Winter Proposal** Comedy sequel. (2019, PG, 84min) ★★
8.00 FILM PREMIERE **How to Win a Prince** Comedy. (2023, U, 89min) ★★
9.55 FILM **October Kiss** Romantic drama. (2015, PG, 85min) ★★
11.50 FILM **Romance Retreat** Comedy. (2019, PG) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Wedding Season** As shown at 2.15pm.

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **The Tony Hancock Show**
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.00 NOON **The Fenn Street Gang** (S2)
12.30 PM **The Lovers** (S2)
1.00 **Wish Me Luck** (S1)
2.00 **The Champions**
3.00 **Bubblegum & Cheese**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Shine on Harvey Moon**
6.00 **The Dustbinmen** (S1)
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 2/7. (S2)
7.30 **The Brian Conley Show**
8.00 **The Champions** (S1)
9.00 **Wish Me Luck** (S1)
10.00 **Drop the Dead Donkey**
10.30 **Stereo Underground**
11.30 **Soap** 1&2/25. (S1)
12.30 AM **Brian Conley Show**
1.00 **The Tony Hancock Show**
1.30 **The Rewind Jukebox**
2.30 **Drop the Dead Donkey**
3.00 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Guardians of the Glades**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** A government shutdown shortens the season.
9.00 **Body Bizarre** A man searches for a diagnosis for his dramatically misshapen head. **10.00** A boy from India with a second pair of legs growing from his back goes to Delhi to have an operation.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Man v Food**
7.00 **Hairy Bikers Go Local**
8.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go Local**
4.00 **The Pioneer Woman**
5.00 **Jamie's 15 Minute Meals**
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
9.00 **Secret Eats with Adam Richman** Adam is in Portland, searching for an off-menu burger. **9.30** Adam tries deep fried grilled cheese.
10.00 **Secrets of the Curry Kitchen** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 23/27. (S4)
9.00 **The A-Team** 1/23. (S4)
10.00 **Charlie's Angels** (S5)
11.00 FILM **Code Red** Thriller. (2001, 15, 89min) ★★
1.00 PM FILM **The Southern Star** Comedy adventure. (1968, PG) ★★★
3.00 FILM **Coast of Skeletons** Action adventure sequel. (1964, U, 90min) ★★
5.00 **Star Trek** 6/26. (S2)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 2/23. (S4)
8.00 **Walker, Texas Ranger**
9.00 FILM **The Wild Geese** Action adventure. (1978, 15, 134min) ★★★
11.35 FILM **The Hitman's Apprentice** Thriller. (2012, 15, 82min) ★★
1.20 AM FILM **Deathwatch** Horror thriller. (2002, 15, 95min) ★★★
3.15 **to 5.00** AM FILM **Await Further Instructions** Horror. (2018, 15) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **Dragonquest** Fantasy adventure. (2009, 12, 90min) ★★
11.00 **The Lost World** (S1)
12.00 NOON FILM **Mega Storm: Days of Destruction** Thriller. (2011, PG, 89min) ★★
2.00 PM **The Gambler: The Adventure Continues**
4.00 **Walker, Texas Ranger**
5.00 FILM **Apocalypse of Ice** Disaster drama. (2020, PG, 88min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 19/23. (S1)
9.00 FILM **The Legend of Hercules** Adventure starring Kellan Lutz. (2014, 12, 97min) ★★
10.55 FILM **The Devil Rides Out** Horror thriller. (1967, 15, 91min) ★★★★
1.00 AM FILM **The Legend of Hercules** As 9.00pm.
2.55 FILM **Apocalypse of Ice**
4.55 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars Do America**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars Do America**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Alien Files Reopened**
6.00 **Pawn Stars Do America**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **The Curse of Oak Island**
10.00 **Secrets in the Ice**
11.00 **Forbidden History**
12.00 M'T **World's Greatest Treasure Mysteries**
1.00 AM **Alien Files Reopened**
2.00 **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Dogs Behaving (Very) Badly** Documentary.
11.00 **Ben Fogle: New Lives in the Wild** Morocco.
12.00 NOON **WWII Battles in Colour** Documentary.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Drain the Oceans**
6.00 **Rob Bell's Engineering Reborn** Documentary.
7.00 **WWII Battles in Colour**
8.00 **Ben Fogle: New Lives in the Wild** From Spain.
9.00 **Yorkshire Great and Small with Dan and Helen** The Holme Valley.
10.00 **Reuben: Life in the Dales** Documentary.
11.00 **Susan Calman's Grand Day Out** In Cheshire.
12.00 M'T **Wentworth Prison**
1.00 AM **VC Andrews' Landry Family**
2.55 **Paul Martin's Antiques Showdown**
3.45 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With Sam Quek, Basil Brush, Andi Peters and Charlie Higson.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire?** Quiz show.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **The Chase Celebrity Special** Giles Coren, Rachel Johnson, Chris Packham and Josie Long compete for charity.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **7.30** 19/24. Sheldon brings his own food to Bernadette and Howard's dinner party. **8.00** 20/24. The guys compete for a tenured professor position. **8.30** 21/24. One of Sheldon's favourite TV shows is cancelled. (S6)
9.00 NEW SERIES **Hollywood Demons** Investigating the history of the *Mighty Morphin Power Rangers* cast.
11.00 **Death by Fame**
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** (S6)
11.00 **Everybody Loves Raymond** (S7)
1.00 PM **Friends** (S5&6)
8.00 **Friends** 14/25. Phoebe accidentally becomes a adult film icon. **8.30** 15/25. A revelation from Rachel prompts the pals to ponder what might have been. (S6)
9.00 **Out of Order** Series finale With Suzi Ruffell and Fern Brady.
10.00 **Al Murray: The Pub Landlord – Live at the Palladium** Stand-up.
11.00 **Iain Stirling's Roast the Internet**
12.00 M'T **Whose Line Is It Anyway? USA**
1.00 AM **South Park** (S7)
3.00 **The Pep Talk**
3.10 **Jen Brister: Meaningless**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 5&6/25. (S7)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** 2-5/24. (S7)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 13&14/22. (S6)
7.00 **Everybody Loves Raymond** 18-21/25. (S7)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Friends** (S5&6)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Utopia** 1/8. (S1)
2.30 **Teachers** 5/20. (S2)
3.00 **Reno 911!** (S3)
3.45 **Important Things with Demetri Martin**
4.30 **Spin City** 13&14/22. (S6)
5.15 **to 6.00** AM **Guessable?**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.15 **Bread** 7/10. (S8)
10.50 **Steptoe and Son** (S7)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S4)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 8/13. (S2)
2.45 **Minder** 10/13. (S2)
3.50 **Citizen Smith** 8/8. (S3)
4.25 **Man About the House**
4.55 **You Rang, M'Lord?** (S1)
6.00 **That's 60s**
6.15 **Steptoe and Son** (S4)
6.50 **Minder** 10/13. (S3)
7.55 **Rising Damp** 6/7. (S3)
8.20 **Whatever Happened to the Likely Lads?** (S1)
9.00 **Benidorm** 6/9. (S10)
9.55 **Shameless** 1/11. (S2)
10.55 **Man About the House**
11.20 **Rising Damp** 3/7. (S1)
11.55 **Benidorm** 6/9. (S10)
12.50 AM **Shameless** (S2)
1.45 **Kenny Everett Show**
2.20 **Man About the House**
2.50 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.25 **Help! I'm in a Secret Relationship!**
8.00 **Catfish: The TV Show**
4.00 PM **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **Teen Mom UK: Next Generation**
8.00 **Teen Mom UK**
9.00 **Skin A&E** An operation to remove a facial cyst that is lying close to the temporal nerve.
10.00 **Ink Master: Angels** New edition The Angels go to Houston in search of the city's best artists.
11.00 **Black Ink Crew New York** New edition Dutchess and Ceaser are late for a photoshoot.
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ridiculousness** New editions Double bill.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Goblin Works Garage**
9.00 **Gold Rush: White Water**
11.00 **Diesel Brothers**
1.00 PM **Deadliest Catch**
3.00 **How It's Made** Bread and foil. **3.30** Mozzarella cheese. **4.00** Cosmetics and steel. **4.30** Hearing aids and toilets.
5.00 **The Woodland Workshop** Alex is asked to make a bench for a selfless midwife. **6.00** Ella builds a unique bird bath for a woman's selfless foster parents.

10.00 Ancient Unexplained Files

7.00 Wheeler Dealers Mike Brewer conducts a complete refresh on a well-maintained 1987 Mercedes 560SL.

8.00 Scrapyard Dynasty Scrapyard owner Terry Walker looks for his next money-making scheme.

9.00 Secrets Underground Rob Nelson investigates whether a strange lake in California might be home to alien life.

10.00 Ancient Unexplained Files Archaeologists use new digital technology to understand the moai statues of Easter Island.

11.00 **Expedition Unknown** Josh Gates hunts for the last Mayan stronghold to ward off the Spanish conquistadors.
12.00 M'T **Deadliest Catch**
1.00 AM **Secrets Underground**
2.00 **Ancient Unexplained Files**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Preposterous Pets**
10.00 **Tanked** An aquarium.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo: San Diego** A zebra shows signs of pregnancy. **4.00** The zoo hosts the only platypuses outside Australia.
5.00 **Lone Star Law** A warden assesses a major gas spill.
6.00 **Dr Jeff: Rocky Mountain Vet** Hector and Dr Jeff treat a tribe of fainting goats.

7.00 Treehouse Masters

7.00 Treehouse Masters Pete Nelson helps a friend by creating a relaxaing space complete with a wine bar, loft and even a hot tub.

8.00 Air Jaws: The Hunted Tracking down the killer of five great white sharks that washed up dead on South African beaches.

9.00 Alaska: The Last Frontier Eivin takes Levi on a hunt, while Otto and the crew work to repair the *Constructor* boat.

10.00 Alaskan Bush People Alaskan survivor family the Browns discuss the difficulties of maintaining their remote lifestyle.

11.00 **In Search of Monsters** A team of researchers seek answers to mysteries surrounding the Mothman.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Intruders**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Inside Incredible Machines**
9.00 **Air Crash Investigation**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Secret Nazi Science**
4.00 **Gladiators: Warriors of the Ancient World**
5.00 **Ice Road Rescue** Bjoern is forced to call his rivals for help.
6.00 **Nazi Megastructures** The occupation and fortification of Norway's 1,500 mile coastline.

8.00 Air Crash Investigation

7.00 Air Crash Investigation Experts investigate a fatal error in calculating passengers' weight.

8.00 NEW SERIES Air Crash Investigation Dramatised reconstruction of real-life air disasters, along with interviews with experts.

9.00 Air Crash Investigation A dramatic reconstruction of the China Airlines flight that came close to disaster in February 1985.

10.00 Dutch Caribbean Coastguards New edition A look at tactics used to intercept drug smugglers by land, sea and sky.

11.00 **Air Crash Investigation**
12.00 M'T **Car S.O.S**
1.00 AM **To Catch a Smuggler**
2.00 **Trafficked with Mariana Van Zeller** Documentary.
2.30 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars**
12.00 NOON **The Abyss: Rise & Fall of the Nazis**
1.00 PM **Gold Wars Downunder**
2.00 **American Pickers**
3.00 **Secrets Declassified with David Duchovny** Triple bill.
6.00 **American Pickers** Mike uncovers a *Godzilla*-size stockpile of movie posters, and Robbie pays up for a pair of ultra-rare Chevy signs.

10.00 Hells Angels

7.00 Forged in Fire The defending smith looks to retain his title in an epic kopis battle.

8.00 American Pickers New edition Mike Wolfe relives the thrill of stuntman Evel Knievel's legendary career.

9.00 Gold Wars Downunder New edition Matt and Damo weigh up the two offers they have received for their land.

10.00 Hells Angels: Kingdom Come New edition When war breaks out between the Hells Angels and an enemy, the Mafia step in.

11.00 **History's Most Shocking** Footage of real-life events, including an exploding whale, a disaster at Dallas airshow and mayhem on a ski lift.
12.00 M'T **Secrets Declassified with David Duchovny**
2.50 AM **Gold Wars Downunder**
3.40 **American Pickers**
4.25 **Pawn Stars** Documentary.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2010s**
7.00 **Discovering: Joseph Cotten**
8.00 **The Directors**
9.00 **Celtics City**
10.05 **The Jinx: The Life and Deaths of Robert Durst**
11.00 **House of Kardashian**
2.00 PM **Queen of Speed** The career of former rally driver Michele Mouton.
4.00 **Discovering: Joseph Cotten**
5.00 **The Directors** John Sturges.
6.00 **Celtics City** 1/9. Documentary charting the history of the Boston Celtics basketball team.

8.00 The Body Next Door

7.05 The Jinx: The Life and Deaths of Robert Durst 1/6. Examining the life of American property tycoon Robert Durst.

8.00 The Body Next Door 1/3. Documentary about a mysterious death in the South Wales Valleys.

9.00 The Body Next Door 2/3. Police focus their attention on Leigh Sabine, and forensic officers race to find evidence.

10.00 The Body Next Door 3/3. DNA links Leigh Sabine to the body wrapped in plastic, but she flees to New Zealand.

11.00 **Flight 149: Hostage of War** A British Airways flight held hostage in Kuwait City in 1990.
12.50 AM **FILM Undefeated** Oscar-winning documentary. (2011, 12, 113min) ★★★★★
3.00 **King of Lies: Football's Greatest Con** Documentary.
4.50 **My Icon: Anthony Joshua**
5.00 **to 6.00** AM **Discovering: Joseph Cotten**

Monday

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Opal Hunters: Red Dirt Road Trip** Double bill.
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars** A Mini Clubman racing car.
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **Guz Khan's Custom Cars** New edition Guz upgrades his S2000 with a thunderous stereo.
10.00 **Mock the Week** Dara Ó Briain hosts the satirical panel show.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops San Francisco**
7.00 **Forensic Detectives**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **The Killer in My Family**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Killer Beside Me**
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories** Laura Davies.
8.00 **Murder on CCTV**
9.00 **The Victorian Murder Files** Two young women are poisoned by a mysterious man.
10.00 **The Suitcase Murders**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Donal MacIntyre's UK Killer Evidence** The case of PCSO Julia James.
8.00 **48 Hours** New edition An investigation into whether a house fire killed Melissa Lamesch.
9.00 **Storm of Suspicion** Renowned scientist Dr Robert Schwartz is found dead at his home.
10.00 **Murder UK** New edition Katie Wilding sought romance but found abuse, and her death was ruled an overdose.
11.00 **Bloodline Detectives** The brutal murder of Roxanne Wood. **12.00** M'T A young girl is sexually assaulted.
1.00 AM **48 Hours**
2.00 **Storm of Suspicion**
3.00 **Murder UK**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
9.20 **Bloodline Detectives**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Fatal Attraction**
4.00 **48 Hours** A former game show contestant is convicted for the murder of his estranged wife.
5.00 **Medical Detectives** A criminally charged sex offender and murderer attacks in a rage. **5.30** A 77-year-old on a road trip is attacked by a thief and shot to death. **6.00** A college student is stabbed to death in her own apartment. **6.30** Someone is apparently targeting high-level members of law enforcement in Texas.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **Police 24/7**
8.00 **Send in the Dogs**
9.00 **Brit Cops** Documentary.
10.00 **Police 24/7**
11.00 **World's Most Evil Killers**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **The Sleepwalker**
10.50 **Police 24/7**
11.55 **Catching the Killer**
1.00 AM **World's Most Evil...**
2.00 **Britain's Most Evil Killers** New edition A profile of Wilbert Dyce.
3.00 **Murder Uncut**
4.00 **Brit Cops** Documentary.
5.00 **to 6.00** AM **Border Security USA**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Britain's Biggest Dig**
10.00 **Nixon in the Den**
11.10 **Kissinger** As 8.50pm.
1.00 PM **War Machine: World War II**
2.10 **Britain's Biggest Dig**
3.25 **Nixon in the Den**
4.35 **Kissinger** As 8.50pm.
6.25 **Britain's Biggest Dig**
7.40 **Nixon in the Den** The controversial career of former US President Richard Nixon.
8.50 **NEW SERIES Kissinger** 1/2. Documentary focusing on the life of American politician and diplomat Henry Kissinger.
10.45 **Britain's Biggest Dig** Investigating the excavation of a vast Georgian cemetery near Euston Station to make way for the HS2 rail link.
12.00 M'T **Nixon in the Den**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Nature

145 113/114 189 354 369

6.00 AM **Wildest New Zealand**
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Great Blue Wild**
11.00 **Shark Squad**
12.00 NOON **Great Lakes Wild**
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Great Blue Wild**
5.00 **Ireland's Wild Islands with Eoin Warner** 1/3. The wildlife presenter explores Ireland's western islands.
6.00 **Great Lakes Wild**
7.00 **Monkey Life** Double bill.
8.00 **Whale with Steve Backshall**
9.00 **Extraordinary Animals**
10.00 **Great Lakes Wild**
11.00 **Ireland's Wild Islands with Eoin Warner** As 5.00pm.
12.00 M'T **Shark Squad**
1.00 AM **Wildest New Zealand**
2.00 **Whale with Steve Backshall**
3.00 **Extraordinary Animals**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Swamp Mysteries with Troy Landry** As shown at 5.00pm.
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Encounter: UFO**
2.00 **Britain's Most Historic Towns**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Mystery Places**
5.00 **Swamp Mysteries with Troy Landry** Troy's grandsons report strange bites on their legs.
6.00 **What on Earth?**
7.00 **Battle 360**
8.00 **Combat Ships** A chronological appraisal of the D-Day story.
9.00 **History's Most Shocking**
10.00 **Death Coast**
11.00 **Ancient Aliens**
1.00 AM **Encounter: UFO**
2.00 **Britain's Most Historic Towns**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Mystery Places**
5.00 **to 6.00** AM **Empire Builders**

Discovery Science

167 148 179

8.00 AM **Killers of the Cosmos**
11.00 **You Have Been Warned**
1.00 PM **Richard Hammond's Big**
3.00 **How the Universe Works**
6.00 **How Do They Do It?** A look at how motorhomes are filled with items fit for a luxury apartment. **6.30** An insight into how life-saving gloves are made. **7.00** Mining millions of tonnes of fertiliser from below the sea. **7.30** The making of basmati rice and mechanical birds. **8.00** The making of London Underground carriages. **8.30** Underwater robots that perform jobs that are too dangerous for human divers.
9.00 **How the Universe Works** New discoveries surrounding the power of neutron stars. **10.00** New discoveries reveal the truth behind supernovas.
11.00 **NASA's Unexplained Files**
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Truth Behind the Moon Landing**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Murdertown**
1.00 PM **Meet, Marry, Murder**
2.00 **Last Night Out**
3.00 **Somebody's Hiding Something**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 NEW SERIES **Meet, Marry, Murder** When a devoted husband is discovered shot and burned at home, his wife claims it's a terrible accident.
9.00 **Don't Open the Door** New edition A man is gunned down on Christmas Eve.
10.00 **Who Murdered You, Mum?** 1/2 Daniel Wing investigates the unsolved murder of his mother.
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The First 48**
2.00 **Don't Open the Door**
3.00 **Homicide Hunter**
4.00 **Court Cam**
5.00 **to 6.00** AM **Meet, Marry, Murder**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Last of the Giants: Wild Fish**
10.00 **World's Weirdest**
11.00 **Close Encounters of the Wild Kind** The wildlife of Australia.
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Critter Fixers: Country Vets**
3.00 **Bizarre Animal Friends**
4.00 **Secrets of the Zoo: North Carolina** Puffin parents wait for their eggs to hatch.
5.00 **Ultimate Airport Dubai**
6.00 **Yukon Vet**
7.00 **Yukon Vet Compilations** New editions Double bill. Highlights from the series.
9.00 **Built to Survive** A look at animals that live in Australia's most extreme conditions. **9.30** Phil Breslin encounters Australia's largest lizard.
10.00 **Life Below Zero: First Alaskans**
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Africa's Deadliest**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181

7.00 AM **Expedition X**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** The surprisingly active surfaces of dwarf planets.
1.00 PM **NASA's Unexplained Files**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Expedition X** Josh Gates sends his team to New Mexico to investigate the unsolved Socorro Landing Incident.
9.00 **Unexplained and Unexplored**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** Henry Cole sets off on a ride from Perth to Darwin.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Top Gear**
5.00 PM **The Two Ronnies**
7.10 **The Two Ronnies** Vintage comedy from Messrs Barker and Corbett, including a musical finale inspired by Chas and Dave. Plus, Sheena Easton provides the music, singing *You Could Have Been With Me*. **7.55** Featuring a sketch that shows how much confusion can be caused by eavesdropping on telephone conversations. **8.35** Randy Crawford performs *Secret Combination* in the studio, while Messrs Corbett and Barker each perform a monologue – the latter on behalf of sufferers of 'pismonunciation'. **9.20** Sketches include News Item, Hush Hush, The Chars, Band of Slaves and Teeny Todd. Plus, Marti Webb provides the musical interlude.
10.05 **The Two Ronnies**
4.20 AM **Emma Willis: Delivering Babies** Documentary.
5.10 **to 6.00** AM **The Two Ronnies**

+1hour 266 376

ID

154 140 166

8.00 AM **Forbidden: Dying for Love**
9.00 **The Murder Tapes**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland**
1.00 PM **The Murder Tapes**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Mean Girl Murders**
7.00 **A Body in the Basement** The disappearance of 32-year-old Adam Chase in Ontario County. **8.00** A man vanishes from a small Idaho town, leaving a trail of strange clues and rumours.
9.00 **Faking It: Tears of a Crime** Experts analyse the behaviour of Trimaan Dhillon, a soldier who murdered his ex-girlfriend, Alice Ruggles, in 2016.
10.00 **Fatal Destination** A Bahamian getaway aboard a luxury boat takes a dark turn.
11.00 **Lethally Blonde**
12.00 M'T **People Magazine Investigates** Double bill.
2.00 AM **Mean Girl Murders**
4.00 **to 6.00** AM **A Body in the Basement**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Sewer Divers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Shed and Buried: Classic Cars** An E-type Jaguar Rat Rod.
2.00 **Salvage Hunters: Classic Cars**
3.00 **Sewer Divers**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried: Classic Cars**
8.00 **Roadworthy Rescues** Derek and Dave Chappelle find an old dually among a flock of chickens.
9.00 **Mud Madness**
10.00 **Sewer Divers**
11.00 **Wheeler Dealers World Tour**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** Richard threatens to ditch the whole project.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.40 AM **Cookster: The Darkest...**
8.45 **Prisoner of War** As 9.40pm.
10.45 **The Ballad of Wallis Island** Comedy drama with Tim Key. (2025, 12, 100min) ★★★★
12.30 PM **The Naked Gun** As 8pm.
2.05 **Nuremberg** Legal thriller. (2025, 15, 148min) ★★★★★
4.35 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
6.15 **The Cut** Psychological thriller starring Orlando Bloom. (2024, 12, 99min) ★★★

8.00 The Naked Gun

8.00 **The Naked Gun** Comedy reboot starring Liam Neeson. Following in the footsteps of his father, Frank Drebin Jr must save his police department by cracking a murder case. (2025, 15, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Prisoner of War** Action thriller starring Scott Adkins. A British RAF wing commander during World War Two is captured and forced to fight in a Japanese internment camp. With Peter Shinkoda. (2025, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Cookster: The Darkest Days** Crime drama starring Craige Middleburg. (2024, 15, 119min)
1.50 AM **The Cut** As 6.15pm.
3.40 **Xeno** Fantasy adventure starring Lulu Wilson. (2025, 15, 103min) ★★★
5.30 **to 7.00** AM **Super Charlie** Animation. (2025, PG, 82min)

Sky Cinema Buddy Films

303 303 403 503 517

6.15 AM **Wayne's World** (1992)
8.05 **Wayne's World 2** As 4.35am.
9.45 **The 40-Year-Old Virgin** Comedy. (2005, 15) ★★★★
11.50 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★
1.25 PM **The Naked Gun 2½: The Smell of Fear** (1991, 15) ★★★
3.00 **The Naked Gun 33⅓: The Final Insult** (1994, 12) ★★★
4.35 **The Naked Gun** Comedy. (2025, 15, 85min) ★★★★
6.20 **Police Academy** (1984) ★★★

6.20 Police Academy

8.00 **Police Academy 2: Their First Assignment** Comedy sequel starring Steve Guttenberg. Six inept recruits are drafted to fight a crime wave. (1985, 12, 87min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Police Academy 3: Back in Training** Comedy sequel starring Steve Guttenberg, Bubba Smith and David Graf. The academy is threatened with closure. (1986, PG, 82min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Evolution** Sci-fi comedy starring David Duchovny. (2001, PG, 101min) ★★★★
12.50 AM **Sacramento** Comedy starring Michael Angarano. (2024, 15, 89min) ★★★
2.30 **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
4.15 **Cinema List: Video Games**
4.35 **to 6.25** AM **Wayne's World 2** Comedy sequel starring Mike Myers and Dana Carvey. (1993, PG, 95min) ★★★

Sky Cinema Drama

310 310 410 510 524

7.55 AM **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
9.35 **Birdy** Psychological drama. (1984, 15, 120min) ★★★★
11.40 **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
2.00 PM **Darkest Hour** Period drama. (2017, PG, 122min) ★★★
4.10 **Escape to Victory** Wartime drama. (1981, PG, 111min) ★★

6.10 **Dunkirk** Christopher Nolan's World War Two drama starring Kenneth Branagh and Tom Hardy. (2017, 12, 106min) ★★★★★
8.00 **I, Tonya** Biopic starring Margot Robbie and Allison Janney. (2017, 15, 119min) ★★★★
10.05 **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix. Unhinged comedian Arthur Fleck meets the love of his life while incarcerated at Arkham State Hospital. With Lady Gaga. (2024, 15, 138min) ★★★★

12.25 AM **It Ends with Us** Drama with Blake Lively and Justin Baldoni. (2024, 15, 125min) ★★★
2.45 **Escape to Victory** As 4.10pm.
4.50 **to 7.10** AM **The Blind Side** Fact-based drama with Sandra Bullock and Quinton Aaron. (2009, 12, 129min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.40 AM **The Watched** As 1.50am.
8.25 **Dark Skies** As 3.40am.
10.10 **Beast of War** Horror thriller. (2025, 15, 87min) ★★★★
11.55 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★
1.55 PM **The Lawnmower Man** Sci-fi thriller. (1992, 15, 105min) ★★★
4.20 **I Am Legend** Sci-fi thriller. (2007, 15, 101min) ★★★★

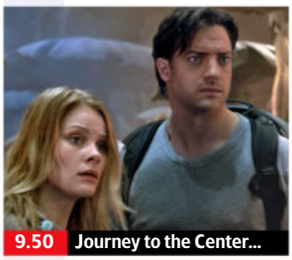
6.05 **Mad Max Beyond Thunderdome** Futuristic action thriller sequel starring Mel Gibson. (1985, 15, 107min) ★★★
8.00 **Godzilla** Hollywood remake of the Japanese monster movie, starring Matthew Broderick and Jean Reno. A giant mutant lizard heads for Manhattan, leaving a trail of disaster in its wake. (1998, PG, 139min) ★★★
10.30 **AfrAid** Sci-fi horror with John Cho and Katherine Waterston. (2024, 15, 84min) ★★

12.05 AM **Tarot** Horror starring Harriet Slater. (2024, 15, 92min) ★★
1.50 **The Watched** Horror thriller. (2024, 15, 102min) ★★★
3.40 **Dark Skies** Paranormal thriller. (2013, 15, 97min) ★★★
5.30 **to 7.10** AM **Jules** Sci-fi comedy drama. (2023, 12, 87min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 306 406 506 519

7.25 AM **Paul Blart: Mall Cop** Comedy. (2009, PG, 91min) ★
9.05 **The Mountain** Comedy. (2024, PG, 89min) ★★★★
10.45 **Stardust** (2007, PG) ★★★★
12.55 PM **The Borrowers** Adventure. (1997, U, 86min) ★★★★
2.25 **Babe** Family comedy drama. (1995, U, 92min) ★★★★★
4.00 **The Golden Compass** Fantasy. (2007, PG, 109min) ★★★
6.00 **E.T. The Extra Terrestrial** Fantasy. (1982, U) ★★★★★


9.50 Journey to the Center...

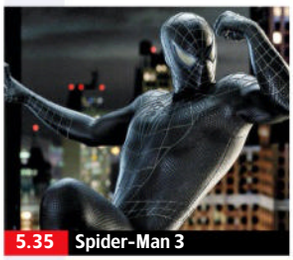
8.00 **IF** Fantasy adventure starring Ryan Reynolds and Cailey Fleming. A young girl joins forces with her upstairs neighbour to matchmake discarded imaginary friends with new children. (2024, U, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Journey to the Center of the Earth** Family adventure inspired by Jules Verne's famous tale, starring Brendan Fraser and Josh Hutcherson. (2008, PG, 92min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Blueback** Family drama. (2022, PG, 102min) ★★★
1.20 AM **Spy Kids 2: Island of Lost Dreams** Action comedy sequel starring Alexa Vega. (2002, U, 100min) ★★★★
3.15 **Paulie** Family comedy. (1998, U, 92min) ★★★
5.00 **to 7.00** AM **Save the Cinema** Fact-based comedy drama. (2021, 12, 109min) ★★★

Sky Cinema Action
307 307 407 507 521

6.00 AM **Sky Cinema Preview**
6.35 **Black Hawk Down** War drama. (2001, 15, 144min) ★★★
9.10 **Indiana Jones and the Kingdom of the Crystal Skull** Adventure. (2008, 12) ★★★
11.25 **Morbius** (2022, 12) ★★
1.20 PM **Spider-Man** Fantasy. (2002, 12, 121min) ★★★★
3.25 **Spider-Man 2** Fantasy sequel. (2004, PG, 127min) ★★★★
5.35 **Spider-Man 3** Fantasy sequel. (2007, 12, 139min) ★★★


5.35 Spider-Man 3

8.00 **The Amazing Spider-Man** Fantasy adventure starring Andrew Garfield and Emma Stone. A nerdy New York teenager becomes a vigilante crime-fighter after a bite from a genetically modified spider gives him special powers. With Rhys Ifans. (2012, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **The Amazing Spider-Man 2** Fantasy sequel starring Andrew Garfield. The superhero battles a foe with electrical powers. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **The Italian Job** Crime caper starring Michael Caine. (1969, PG, 100min) ★★★★★
2.30 **The Long Kiss Goodnight** Thriller starring Geena Davis. (1996, 18, 120min) ★★★
4.35 **to 6.20** AM **Mortal Kombat** Martial arts action fantasy. (1995, 15, 101min) ★★★

Sky Cinema Comedy
308 308 408 508 522

6.10 AM **Groundhog Day** (1993)
8.00 **Groundhog Day** As 7.00pm.
9.50 **Groundhog Day** As 7.00pm.
11.40 **Groundhog Day** As 7.00pm.
1.30 PM **Groundhog Day** (1993)
3.20 **Groundhog Day** As 7.00pm.
5.10 **Groundhog Day** As 7.00pm.
7.00 **Groundhog Day** Fantasy comedy starring Bill Murray. A cynical TV weatherman finds himself reliving the same 24 hours over and over again. (1993, PG, 103min) ★★★★★

8.50 Groundhog Day

8.50 **Groundhog Day** Romantic fantasy comedy starring Bill Murray and Andie MacDowell. A cynical TV weatherman finds himself reliving the same 24 hours over and over again. (1993, PG, 103min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **Groundhog Day** Romantic fantasy comedy starring Bill Murray and Andie MacDowell. A cynical TV weatherman finds himself reliving the same 24 hours over and over again. (1993, PG, 103min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Groundhog Day** (1993)
2.20 **Groundhog Day** As 8.50pm.
4.10 **to 6.00** AM **Groundhog Day**

Sky Cinema Thriller
309 309 409 509 523

7.00 AM **Split** (2016, 15) ★★★
9.05 **The China Syndrome** Thriller. (1979, PG, 122min) ★★★★
11.15 **The Godfather Coda: The Death of Michael Corleone** Director's cut of *The Godfather: Part III*. (2020, 15) ★★★★
1.55 PM **Vanilla Sky** Fantasy. (2001, 15, 136min) ★★★
4.15 **Hallow Road** Thriller. (2025, 15, 80min) ★★★★
5.45 **Chinatown** Crime thriller. (1974, 15, 131min) ★★★★★

5.45 Chinatown

8.00 **Jaws** Director Steven Spielberg's monster thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Hannibal** Chiller sequel to *The Silence of the Lambs*, starring Anthony Hopkins and Julianne Moore. FBI agent Clarice Starling becomes an unwitting pawn in a billionaire's plot to trap Hannibal Lecter. (2001, 18, 131min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **The Bikeriders** Drama. (2023, 15, 116min) ★★★★
2.35 **Against All Odds** Thriller. (1984, 18, 116min) ★★
4.45 **to 6.20** AM **Rashomon** Japanese director Akira Kurosawa's drama. (1950, b/w, 12, 88min) ★★★★★

Film4
313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Devil at 4 O'Clock** Adventure starring Spencer Tracy. (1961, PG, 126min) ★★
1.45 PM **The Violent Men** Western. (1955, PG, 96min) ★★★
3.40 **Arabesque** Romantic spy thriller starring Gregory Peck. (1966, 12, 105min) ★★★
6.00 **Le Mans '66** Fact-based drama starring Matt Damon, Christian Bale and Jon Bernthal. (2019, 12, 152min) ★★★★

9.00 Knock at the Cabin

Le Mans '66 (film started at 6.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Knock at the Cabin** Horror mystery starring Dave Bautista. A girl and her parents are taken hostage while vacationing and are given an impossible choice to avert the impending apocalypse. (2022, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.55 **PREMIERE** **Chevalier** Biographical drama starring Kelvin Harrison Jr and Samara Weaving. (2022, 12, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

1.05 **to 3.30** AM **Blue Bayou** Drama directed by and starring Justin Chon, with Alicia Vikander and Mark O'Brien. (2021, 15, 117min) ★★★

+1 hour 314 430 47 301 257

Sky Cinema Valentines
302 302 402 502 516

7.05 AM **Arthur** As 2.40pm.
8.50 **Alfie** As shown at 4.20pm.
10.50 **An Officer and a Gentleman** Romantic drama with Richard Gere. (1981, 15, 125min) ★★★★
12.55 PM **Love Story** Melodrama. (1970, PG, 100min) ★★★★
2.40 **Arthur** Comedy starring Dudley Moore. (1981, 15, 93min) ★★★★
4.20 **Alfie** Classic comedy drama. (1966, 15, 114min) ★★★★

6.15 **Singin' in the Rain** Musical with Gene Kelly and Donald O'Connor. (1952, U, 102min) ★★★★★
8.00 **Shirley Valentine** Romantic comedy starring Pauline Collins. A bored housewife finds sun, wine and love on a Greek island. (1989, 15, 108min) ★★★★
9.55 **Sixteen Candles** John Hughes' teen comedy starring Molly Ringwald as a gauche teenager with dreams of a perfect romance. With Anthony Michael Hall. (1984, 12, 89min) ★★★

11.35 **Juliet & Romeo** Musical. (2025, 12, 122min) ★★★
1.45 AM **Blue Hawaii** Elvis Presley musical. (1961, PG, 103min) ★★
3.30 **Love Story** As 12.55pm.
5.20 **to 7.20** AM **Bye Bye Birdie** Musical starring Janet Leigh. (1963, PG, 112min) ★★★

Sky Cinema Greats
304 304 404 504 518

8.00 AM **Enter the Dragon** (1973)
9.45 **Raiders of the Lost Ark** Action adventure. (1981, PG) ★★★★★
11.45 **Indiana Jones and the Temple of Doom** Action adventure. (1984, PG, 118min) ★★★
1.45 PM **Indiana Jones and the Last Crusade** Action adventure. (1989, PG, 127min) ★★★★★
3.55 **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★

5.45 **Last Action Hero** Action fantasy. (1993, 15, 130min) ★★★
8.00 **The Godfather** Francis Ford Coppola's classic gangster saga of a Mafia family engaged in bloody war with rival crime families. Stars Marlon Brando, Al Pacino and James Caan. (1971, 15, 167min) ★★★★★
11.00 **The Godfather Part II** Francis Ford Coppola's epic gangster sequel starring Al Pacino, Robert De Niro and Robert Duvall. (1974, 18, 200min) ★★★★★

2.25 AM **The Godfather Part III** Concluding chapter of Francis Ford Coppola's grand gangster epic, starring Al Pacino. (1990, 15, 162min) ★★★★
5.25 **to 8.20** AM **The Towering Inferno** Epic disaster movie. (1974, 12, 165min) ★★★★

Sky Cinema Animation
305 305 412 500 514

6.00 AM **Batman: Return of the Caped Crusaders** As 2.00am.
7.30 **Madagascar** Animated comedy. (2005, U, 86min) ★★★★
9.05 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
10.50 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
12.30 PM **The Lego Batman Movie** Animated family comedy. (2017, U, 104min) ★★★★

2.20 **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★
4.00 **Rock Dog 3: Battle the Beat** Animated comedy adventure sequel. (2022, U, 90min) ★★
5.40 **Scoob!** Animated comedy. (2020, PG, 93min) ★★★
7.20 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
9.10 **Mavka: The Forest Song** Animation. (2023, PG) ★★
10.55 **Batman Unlimited: Monster Mayhem** (2015, PG) ★★★

12.25 AM **Into the Wonderwoods** Animation. (2024, U) ★★★
2.00 **Batman: Return of the Caped Crusaders** (2016, PG) ★★★★
3.25 **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★
4.50 **to 6.15** AM **DC Super Hero Girls: Legends of Atlantis** (2018) ★★★

Movies 24
312 313 419

7.00 AM **Return to Office** Romantic drama. (2025, PG, 84min) ★★
9.00 **Made for Each Other** Romantic fantasy. (2023, PG, 84min) ★★
11.00 **Betty's Bad Luck In Love** Comedy. (2024, PG, 84min) ★★
1.00 PM **A Very Venice Romance** Romantic comedy drama. (2023, PG, 84min) ★★
3.00 **CrimeTime: Freefall** Mystery drama. (2024, PG, 90min) ★★

5.00 **An American In Austen** Romantic comedy drama. (2024, PG, 84min) ★★
7.00 **May the Best Wedding Win** Comedy starring Alys Crocker and Cody Ray Thompson. (2023, PG, 85min) ★★
9.00 **The Gift of Peace** Drama starring Nikki Deloach and Brennan Elliott. A widowed artist loses her faith, until a support group helps her to recover what she has lost at Christmas. (2022, PG, 84min) ★★

11.00 **Harmony From the Heart** Comedy. (2022, PG, 87min) ★★
1.00 AM **The Attraction Test** Comedy. (2022, PG, 85min) ★★
3.00 **to 5.00** AM **The Story of Love** Comedy. (2022, PG, 91min) ★★

Movies 24+ 315 314 420

Talking Pictures
328 445 82 306 36

6.00 AM **Johnny Ringo** 18/38. (S1)
6.30 **Third Party Risk** Thriller. (1955, b/w, U, 70min) ★★
8.00 **What's On TPTV with Noel**
8.10 **Devil's Bait** Suspense thriller. (1959, b/w, U, 58min) ★★
9.20 **Murder at 3am** Mystery. (1953, b/w, PG, 60min) ★★
10.35 **Four Star Theatre** 33/38. (S3)
11.05 **Paul Temple's Triumph** Mystery. (1950, b/w, U, 81min) ★★★

12.40 PM **River Beat** Thriller. (1954, b/w, U, 70min) ★★
2.00 **Who Killed The Cat** Mystery. (1966, b/w, U, 86min) ★★★
3.45 **Grand National Night** Thriller. (1953, b/w, PG, 81min) ★★
5.20 **Look at Life**
5.30 **Bonanza** 17/34. (S2)
6.30 **The Vise** 35/39. (S1)
7.00 **The Footage Detectives**
8.00 **Reckless** 3/6. (S1)
9.05 **Gideon's Way** 18/26. (S1)
10.05 **Sherlock Holmes: The Eligible Bachelor** Stars Jeremy Brett.

12.10 AM **The Proud and Profane** Drama. (1956, b/w, PG) ★★
2.20 **Border Incident** Action drama. (1949, b/w, PG, 92min) ★★★
4.15 **Operation Stogie** Comedy. (1959, b/w, U, 75min)
5.25 **Cinebox Memories**
5.30 **to 6.00** AM **Honey West**

Monday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports Catch Up**
7.00 **Deadline Day** The latest news from transfer deadline day.
7.30 PM **LIVE MNF Sunderland v Burnley.** Coverage of the Premier League match staged at the Stadium of Light. Burnley claimed a 2-0 win in August's reverse fixture at Turf Moor courtesy of goals by Josh Cullen and Jaidon Anthony, but Sunderland have enjoyed a stronger season than their fellow promoted side so far and will expect to make home advantage count. Kick-off **8.00pm**.
11.00 **Deadline Day**
12.00 M'T **The Insiders** NFL news.
1.00 AM **LIVE NFL Pro Bowl Games** Coverage of the annual event staged at Moscone Center in San Francisco, California, which features a seven-on-seven non-contact flag football game and a skills competition.
3.00 **to 6.00** AM **LIVE NBA Basketball Los Angeles Clippers v Philadelphia 76ers.** Coverage of the inter-conference match held at Intuit Dome. Tip-off **3.00am**.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Deadline Day** The latest news from transfer deadline day.
7.00 PM **LIVE MNF Sunderland v Burnley.** Coverage of the Premier League match staged at the Stadium of Light. Burnley claimed a 2-0 win in August's reverse fixture at Turf Moor courtesy of goals by Josh Cullen and Jaidon Anthony, but Sunderland have enjoyed a stronger season than their fellow promoted side so far and will expect to make home advantage count. Kick-off **8.00pm**.
11.00 **Transfer 360** Focusing on former midfielder Gareth Barry. **11.30** Transfers involving Michael Carrick and Dimitar Berbatov.
12.00 M'T **MNF Hlts** Sunderland v Burnley in the Premier League.
12.30 AM **Premier League Stories** A look at the evolution of the Premier League's transfer market.
1.00 **PL Retro** A replay of Liverpool v Manchester City from 2018.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 23/24**
5.00 **to 6.00** AM **Premier League Highlights**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Retro League One**
8.00 **EFL Greatest Games**
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Retro**
10.30 **EFL Best Goals 2017/18**
11.00 **Henrik Larsson: 20 Years On**
12.00 NOON **EFL Highlights**
12.30 PM **WSL** Man United v Liverpool.
1.00 **EFL Highlights**
1.30 **SPFL Highlights**
2.00 **EFL Highlights** Championship.
3.30 **SPFL Highlights**
4.00 **EFL Highlights**
5.00 **EFL League One Goals**
5.30 **EFL League Two Goals**
6.00 **SPFL Highlights**
6.30 **Bundesliga Highlights Show**
7.30 **EFL League One Goals**
8.00 **EFL League Two Goals**
8.30 **WSL** Man United v Liverpool.
9.00 **SPFL Round-Up**
9.15 **SPFL Highlights** Action from Dundee United v Hearts.
9.30 **EFL Highlights** Blackburn Rovers v Hull City held at Ewood Park.
9.45 **EFL Highlights** Championship.
10.30 **Bundesliga Highlights Show**
11.30 **EFL Greatest Games**
12.00 M'T **EFL** Championship.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **WPL** Recent action.
11.30 **Best of England v South Africa**
11.45 **Best of ICC WT20** Action from England v South Africa in 2016.
12.00 NOON **Big Bash League** Highlights from the final.
1.00 PM **WPL** Royal Challengers Bengaluru v UP Warriorz.
2.00 **SA20** Highlights of the final.
3.00 **WPL** Tournament highlights.
6.00 **Big Bash League** The final.
7.00 **SA20** Highlights of the final.
8.00 **WPL** Highlights from Gujarat Giants v Delhi Capitals at Baroda Cricket Association Stadium. **9.00** Royal Challengers Bengaluru v UP Warriorz.
10.00 **WPL** Action from Mumbai Indians v Royal Challengers Bengaluru. **11.00** Highlights from Gujarat Giants v Delhi Capitals.
12.00 M'T **WPL** Another chance to see Delhi Capitals v UP Warriorz staged at Baroda Cricket Association Stadium in Vadodara.
3.30 AM **Best of England v South Africa** Highlights from the 2011 Cricket World Cup Group B match.
3.45 **Best of ICC WT20** Action from England v South Africa in 2016.
4.00 **to 6.00** AM **WPL**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **DP World Tour Golf**
11.30 **PGA Tour Golf**
4.30 PM **Chronicles of a Champion Golfer** Profiles of leading players.
5.30 **PGA Tour Champions**
6.30 **DP World Tour Golf**
7.00 **PGA Tour Golf** Highlights.
8.00 **PGA Tour Champions** Mitsubishi Electric Championship.
9.00 **PGA Tour Golf** The fourth day of the Farmers Insurance Open.
10.00 **LIVE TGL Atlanta Drive v Jupiter Links.** Coverage of the team match at SoFi Center in Palm Beach.
12.00 M'T **DP World Tour Golf**
12.30 AM **You Can Play Golf**
1.00 **PGA Tour Golf**
2.00 **How the 2010 Ryder Cup Was Won** Archive highlights.
4.00 **Mark Roe's Short Game School**
4.30 **The Golf Fitness Show**
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA & ATP Tennis**
6.30 **ATP Tour This Week**
7.00 **LIVE WTA Tennis** Coverage of the second day of the Abu Dhabi Open staged at Zayed Sports City International Tennis Centre.
9.00 **LIVE WTA & ATP Tennis** Coverage of the Tours, including the WTA Abu Dhabi Open, WTA Ostrava Open, WTA Cluj Open and ATP Montpellier Open.
9.30 PM **WTA & ATP Tennis** Action from the Brisbane Open finals.
11.30 **WTA & ATP Tennis** The Madrid Open and Miami Open finals.
12.00 M'T **ATP/WTA Tour Classics**
2.00 AM **WTA & ATP Tennis**
3.00 **ATP/WTA Tour Classics**
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Australian Open**
7.30 **Premier League**
9.00 **UEFA Champions League**
9.30 **UEFA Europa League & Conference League Magazine**
10.30 **Serie A** Action from Italy.
11.30 **Australian Open** Action from the women's and men's singles final.
2.30 PM **Premier League Stories**
3.00 **Premier League: Big Interview**
3.30 **LIVE UEC Track Cycling Elite European Championship** Coverage of the second day of the event in Konya, Turkey.
7.00 **International T20 Cricket Highlights** Sri Lanka v England.
8.00 **The Gruppetto** Cycling news.
8.15 **Crouchy and Cole**
8.30 **UEFA Champions League Magazine** News and updates.
9.00 **Fishing: On the Bank**
10.00 **UEFA Champions League Magazine** News and updates.
11.00 **International T20 Cricket**
1.00 AM **T20 Super Smash**
3.00 **Isuzu UTE A-League Highlights**
3.30 **A-League Women Highlights**
4.00 **UEFA Europa League & Conference League Highlights**
5.00 **to 6.00** AM **UEFA Champions League Highlights Show**

TNT Sports 2

411 414 522 409 431

6.00 AM **Women's T20 Super Smash**
7.00 **T20 Super Smash**
8.00 **International T20 Cricket**
10.00 **PREM Rugby Cup**
11.00 **Premiership Women's Rugby**
12.00 NOON **UEFA Champions League Magazine**
12.30 PM **UEFA Europa League & Conference League Magazine**
1.30 **International T20 Cricket Highlights** Sri Lanka v England.
2.30 **Men's Cycling** Event review.
3.30 **Premier League** A replay of Liverpool v Newcastle United.
5.00 **Isuzu UTE A-League Highlights**
5.30 **A-League Women Highlights**
6.00 **LIVE Ultimate Pool** Coverage of Group Five of the Women's Champions League, as leading eight-ball players battle it out.
9.30 **ABB FIA Formula E World Championship Highlights** Action from the Miami E-Prix.
10.30 **Men's Cycling Pro Series** Highlights from the Grand Prix La Marseillaise in Marseille, France. **11.30** Action from Challenge Mallorca and Trofeo Calvia.
12.30 AM **Men's Cycling Pro Series**
5.30 **The Gruppetto** Cycling news.
5.45 **to 6.00** AM **Crouchy and Cole**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **Super Bowl LV Highlights**
8.00 **NFL: America's Game**
9.00 **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 NOON **NFL: America's Game**
1.00 PM **Good Morning Football**
3.00 **NFL: America's Game**
4.00 **Super Bowl LV Highlights**
5.00 **NFL: America's Game**
6.00 **NBC's Pro-Football Talk**
8.00 **Super Bowl LV Highlights** Tampa Bay Buccaneers v Kansas City Chiefs in the 2020/21 season.
10.00 **NFL Highlights** Seattle Seahawks v San Francisco 49ers.
11.00 **NFL: America's Game** A review of the Tampa Bay Buccaneers 2020 campaign.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **LIVE NFL Pro Bowl Games** Coverage of the annual event staged at Moscone Center in San Francisco, California, which features a seven-on-seven non-contact flag football game and a skills competition.
3.00 **NFL Bitesize Highlights**
4.00 **Super Bowl LV Highlights**
5.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports Catch Up** Analysis, comment and interviews.
7.00 **LIVE WTA Tennis** Coverage of the second day of the Abu Dhabi Open, a hard-court tournament staged at Zayed Sports City International Tennis Centre.
9.00 **LIVE WTA & ATP Tennis** Coverage of the Tours, including the WTA Abu Dhabi Open, WTA Ostrava Open, WTA Cluj Open and ATP Montpellier Open.
6.00 PM **Deadline Day** The latest news from transfer deadline day.
12.00 M'T **LIVE NBA Basketball Memphis Grizzlies v Minnesota Timberwolves.** Coverage of the Western Conference match at FedExForum. The Grizzlies came out on top in the first meeting of the regular season in December, outscoring the Timberwolves in three of the four quarters as they claimed a narrow 116-110 victory in Minneapolis. Tip-off **12.00m't**.
3.00 **to 6.00** AM **LIVE NBA Basketball Los Angeles Clippers v Philadelphia 76ers.** Coverage of the inter-conference match at Intuit Dome. Tip-off **3.00am**.

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **WPL** Delhi Capitals v UP Warriorz.
8.00 **Super League** Leigh v St Helens.
11.00 **ATP/WTA Tour Classics**
1.00 PM **WPL** Highlights.
2.00 **PL Greatest Games**
3.00 **NRL** Action from the Grand Final.
4.00 **NRLW** The Grand Final.
5.00 **NFL Highlights**
6.00 **PGA Tour Golf** Highlights.
7.00 **PGA Tour Champions** Action from the Mitsubishi Electric Championship at Hualalai.
8.00 **NFL Highlights** Action from Denver Broncos v New England Patriots in the AFC Championship.
9.00 **NRL** Melbourne Storm v Brisbane Broncos in the Grand Final.
10.00 **NRLW** Sydney Roosters v Brisbane Broncos in the Grand Final.
11.00 **PGA Tour Golf**
12.00 M'T **PL Greatest Games**
1.00 AM **Formula 1** Highlights.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **ATP & WTA Tour**

TNT Sports 3

413 415 523 410 432

6.00 AM **Isuzu UTE A-League**
12.00 NOON **Alpine Skiing**
2.00 PM **Ski Jumping World Cup**
3.30 **UEFA Champions League Magazine** News and action.
4.00 **UEFA Europa League & Conference League Magazine**
5.00 **Serie A** Action from Italy.
6.00 **ABB FIA Formula E World Championship Highlights**
7.00 **She Who Dares**
8.00 **Keep Calm and Slalom**
9.30 **The Monuments** A look at the Four Hills ski jumping tournament.
10.00 **Australian Open** Highlights from the men's singles final. **11.30** The women's singles final.
1.00 AM **UFC** A replay of Alexander Volkanovski v Diego Lopes.
4.00 **UFC Main Event**
5.00 **to 6.00** AM **LIVE Snooker World Grand Prix** Coverage of the first session from the opening day of the tournament staged at Kai Tak Arena in Hong Kong.

TNT Sports 4

414 416 524 411 434

6.00 AM **Men's Cycling Pro Series**
1.00 PM **Cyclocross** From Hulst.
2.00 **German Masters Snooker** Action from the seventh day.
4.00 **PREM Rugby Cup** Northampton Saints v Leicester Tigers.
5.00 **Premiership Women's Rugby**
6.00 **Isuzu UTE A-League** Wellington Phoenix v Melbourne City. **7.00** Highlights from Adelaide United v Macarthur Bulls. **8.00** Highlights from Newcastle Jets v Brisbane Roar. **9.00** Action from Sydney FC v Western Sydney Wanderers. **10.00** Perth Glory v Auckland FC. **11.00** Highlights of Central Coast Mariners v Melbourne Victory.
12.00 M'T **UEFA Champions League – Classics** Archive highlights.
1.30 AM **Cyclocross** The elite races at the World Championship in Hulst.
2.30 **Alpine Skiing** Action from Crans Montana, Switzerland.
4.00 **to 6.00** AM **Ski Jumping**

Premier Sports 1

419 551

6.00 AM **United Rugby Championship**
8.00 **NHL Ice Hockey**
10.00 **SPFL** Hibernian v Rangers.
12.00 NOON **United Rugby Championship**
2.00 PM **NHL on the Fly**
2.30 **NHL: This is Hockey**
3.00 **United Rugby Championship**
5.00 **LaLiga** Another chance to see Athletic Bilbao v Real Sociedad.
6.55 **URC in 60** Recent action.
7.55 **LIVE LaLiga Mallorca v Sevilla.** The Spanish top-flight match at Estadi Mallorca San Moix. Kick-off **8.00pm**.
10.00 **Sporting Greats**
10.30 **URC in 60** Recent action.
11.30 **NHL Ice Hockey**
1.30 AM **LIVE NHL Ice Hockey Dallas Stars v Winnipeg Jets.** Coverage of the Western Conference match from American Airlines Center. Face-off **1.30am**.
4.30 **NHL: This is Hockey**
5.00 **to 6.00** AM **NHL Tonight**

Premier Sports 2

420 552

6.00 AM **Football's Greatest**
6.30 **NHL Tonight** Top 10 players.
7.30 **Top 14 Rugby Union**
9.30 **Football's Greatest**
10.00 **Top 14 Rugby Union**
12.00 NOON **Temples of Sport**
1.00 PM **Eredivisie** Excelsior v Ajax.
3.00 **Football's Greatest**
4.00 **Argentine Primera**
6.00 **NHL Tonight** Top 10 players.
7.00 **Elite Ice Hockey League**
9.00 **Bike World** Magazine.
9.30 **Temples of Sport**
10.00 **NHL Ice Hockey**
12.00 M'T **LIVE NHL Ice Hockey Washington Capitals v New York Islanders.** The Eastern Conference match from Capital One Arena. Face-off **12.00m't**.
3.00 **to 6.00** AM **LIVE NHL Ice Hockey Calgary Flames v Toronto Maple Leafs.** Coverage of the inter-conference match at Scotiabank Saddledome. Face-off **3.00am**.

Sky Sports F1

407 407 516 506 424 444

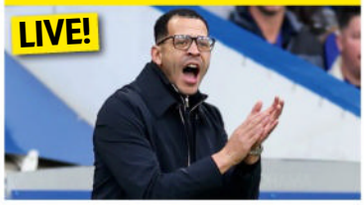
6.00 AM **The Best of F1 2025**
8.00 **F1 Barcelona Shakedown**
9.00 **F1 Academy Highlights**
11.00 **The F1 Show** Race preview.
12.00 NOON **Formula 1** Highlights.
2.30 PM **Ted's Notebook**
3.00 **Formula 1** Another chance to see the 2025 Singapore Grand Prix held at Marina Bay Circuit.
8.10 **Ted's Notebook**
8.40 **Oscar Piastri's Career**
8.50 **The Story of the 2025 Season**
9.00 **Formula 1** Highlights of the 2025 Singapore Grand Prix. **10.00** The 2025 US Grand Prix. **11.00** The 2025 Mexico City GP.
12.00 M'T **to 6.00** AM **The Best of F1**

Tuesday

3 February

Evening Planner

Football

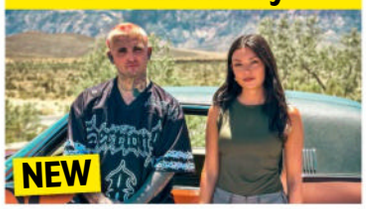


EFL Cup: Semi Final 2nd Leg
ITV1 & Sky Sports, k-o 8pm
New Chelsea boss Liam Rosenior will be urging his team on against London rivals Arsenal in this semi-final second leg.

Documentary

Lost Grail
Sky History, 9pm (box set, Sky/NOW)
In this three-parter, Professor Alice Roberts sets out to decode the truth of some of Britain's Holy Grail legends.

Documentary



Sin City: The Real Las Vegas
BBC3, 10.15pm & 11pm (box set, iPlayer)
A look at how the world's gambling capital is trying to revamp its image.

Comedy

Trying
BBC1, 10.40pm & 11.05pm (times vary)
Nikki (Esther Smith) and Jason (Rafe Spall) are struggling with the adoption process, as the comedy drama returns.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Inside the Factory		9.00 Silent Witness		10.00 News; Local News	10.40 Trying †
	102 BBC2	7.00 Rick Stein's Australia		8.00 Your Home Made Perfect		9.00 QI XL	9.45 Live at the Apollo		10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 EFL Cup – Live: Arsenal v Chelsea (Kick-off 8.00)						10.25 News
	104 CHANNEL 4	7.00 News		8.00 Bargain Holiday Secrets		9.00 24 Hours in Police Custody		10.00 999: What Happened Next	
	105 5	7.00 Supermarket Own-Brands: The Big...		8.00 Dogs Behaving (Very) Badly		9.00 The Good Ship Murder		10.00 Street Cops: Catching the Yobs	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 David Attenborough's Wild City		9.00 Spielberg			
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 The Weakest Link	8.15 Alan Carr's Picture Slam		9.00 RuPaul's Drag Race UK vs the World		10.15 Sin City: The Real Las Vegas	
	116 BBC4	7.00 Great British...	7.30 Coastal Path	8.00 Yes, Prime Minister		9.00 Queen Elizabeth I: A Timewatch Guide		10.00 Storyville: Price of Gold	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Grosse Pointe Garden Society	
	136 MORE4	◂ 6.55 Car S.O.S.				9.00 Saving Country Houses with Penelope...		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Law & Order: Special Victims Unit		10.00 Fire Country	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 Succession			
	110 U&GOLD		7.20 Dad's Army	8.00 Only Fools and Horses		9.15 Only Fools and Horses...		10.00 Men Behaving...	10.35 Only Fools...
	111 U&DAVE	7.00 Would I Lie to You?	7.45 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	7.00 American Pickers		8.00 The Motorbike Show		9.00 Ice Road Truckers		10.00 Wrestling: AEW Collision	
	112 COMEDY CENTRAL	7.00 Friends		8.00 Film: Armageddon					
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld		10.10 The Leftovers	
	113 SKY MAX		7.10 Stargate SG-1		8.10 Never Mind the Buzzcocks	9.00 Film: Jericho Ridge			
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise		9.00 Father Brown		10.00 Death in Paradise	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 The World in a Painting: Velazquez's Chili Pepper		9.15 I Am Raquel Welch			
	132 U&W	7.00 My Kitchen Rules: New Zealand		8.00 One Born Every Minute				10.00 Pete Wicks: For Dogs' Sake	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Gold Rush			
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Apocalypse: The Rise of Hitler				10.00 Churchill's German Army	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Weird Britain		9.00 Lost Grail with Alice Roberts		10.00 Secrets in the Sand	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Flipping Bangers		9.00 Bangers & Cash: Restoring Classics		10.00 Bangers & Cash	
	121 SKY DOCS	7.05 The Jinx: The Life and Deaths of...		8.00 Undercurrent: The Disappearance of Kim Wall					10.30 Germanwings...
FILMS – Sky Cinema	301 PREMIERE	◂ 6.10 The Ballad of Wallis Island		8.00 The Naked Gun			9.40 Borderline		
	302 VALENTINES	◂ 6.15 13 Going on 30		8.00 How to Lose a Guy in 10 Days				10.00 It's Complicated	
	303 BUDDY FILMS	◂ 5.45 The Blues Brothers		8.00 Planes, Trains and Automobiles			9.35 Trading Places		
	304 GREATS	◂ 5.45 The Hunt for Red October		8.00 Dirty Harry				10.00 Pulp Fiction	
	305 ANIMATION	◂ 6.10 Turbo		8.00 The Pirates! In an Adventure with Scientists			9.45 Riverdance: The Animated Adventure		
	306 FAMILY	◂ 6.00 Lemony Snicket's A Series of...		8.00 The Golden Child			9.45 The Wiz		
	307 ACTION	◂ 5.35 Black Hawk Down		8.00 Mission: Impossible – The Final Reckoning					
	308 COMEDY	◂ 6.20 Ace Ventura Pet Detective		8.00 Ace Ventura: When Nature Calls			9.40 American Pie		
	309 THRILLER	◂ 5.45 The Alto Knights		8.00 Jaws 2				10.00 Against All Odds	
	310 DRAMA	◂ 5.50 The Blind Side		8.00 An Officer and a Gentleman				10.05 Legends of the Fall	
	311 SCI-FI	◂ 5.25 A.I. Artificial Intelligence		8.00 Dune: Part Two					
	313 FILM4	◂ 6.25 Legends of the Fall				9.00 A Man Called Otto			
SPORT	401 MAIN EVENT	7.00 EFL Cup – Live: Arsenal v Chelsea (Kick-off 8.00)							
	402 PREMIER LEAGUE	7.00 Netbusters	7.30 Ref Watch	8.00 PL Review		9.00 Netbusters	9.45 PL Review		
	403 FOOTBALL	7.00 SPFL Highlights	7.30 SPFL – Live: St Mirren v Hearts (Kick-off 8.00)						10.30 WSL
	405 CRICKET	7.00 ICC Under-19s World Cup Cricket		8.00 WPL		9.00 ICC Under-19s World Cup Cricket		10.00 WPL	
	410 TNT SPORTS 1	7.00 Crouchy and...	7.30 Serie A – Live: Football from Italy's top division					10.00 UEFA Europa League & Conference...	
	411 TNT SPORTS 2	7.00 The Monuments				9.00 Australian Open			

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain: Holidays** (S)(R)
11.15 **Homes Under the Hammer** New edition From London. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** (S)(R)
2.30 **Marcus Wareing Simply Provence** Marcus visits a local bakery. (S)(R)
3.00 **Escape to the Country** New edition Nottinghamshire. (S)
3.45 **Clean It, Fix It** (S)(R)
4.30 **Antiques Road Trip** New edition Danny Sebastian and Margie Cooper visit the Lake District. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Inside the Factory

7 PM

7.00 **The One Show** Alex Jones and Lauren Laverne present the topical show. (S)
7.30 **EastEnders** Ross seeks the truth, Phil gets an important phone call, and Honey spills a secret. (S)(AD)

8 PM

8.00 **Inside the Factory** Series finale 6/6. Paddy McGuinness follows the construction of a lawnmower at a factory in Hertfordshire, while Cherry Healey learns how the Wembley pitch is prepared for the FA Cup final. (S)(AD)

9 PM

9.00 **Silent Witness** New episode *The Disappearance of Alice Hill – Part Two:* 2/10. Nikki and Jack investigate the apparent suicide of Sargeant Andrews, while Jason tries to reconcile with Alice's family. (S29) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **NEW SERIES Trying** *A Nice Boy:* 1/8. Return of the comedy drama starring Rafe Spall and Esther Smith. Nikki and Jason realise they have different expectations about the gender of their potential child. *Previously shown on Apple TV.* (S2) (S)(AD)
11.05 **Trying** New episode *The Sun on Your Back:* 2/8. Jason finds his new role as a manager rather challenging. (S2) (S)(AD)
11.40 **FILM The Notebook** Romantic melodrama starring Rachel McAdams and Ryan Gosling. (S) (2004, 12, 115min) ★★★
1.35 AM **Weather for the Week Ahead**
1.40 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Antiques Road Trip** (S)(R)
7.15 **Bargain Hunt** (S)(R)(AD)
8.00 **Sign Zone: Monty Don's Rhineland Gardens** (S)(R)(AD)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Bridge of Lies** Quiz show. (S)(R)
1.45 **Unbeatable** Game show. (S)(R)
2.15 **The Boss** Quiz show. (S)(R)
3.00 **The Vintage French Farmhouse**
3.45 **Who Do You Think You Are? USA** With Kelsey Grammer. (S)(R)(AD)
4.15 **Japan: Earth's Enchanted Islands**
5.15 **Flog It!** From Essex. (S)(R)(AD)
6.00 **Richard Osman's House of Games** New edition With Fatiha El-Ghorri, Patrick Grant, Mr Motivator and Lauren Oakley. (S)
6.30 **Clive Myrie's African Adventure** New edition 7/10. Clive travels from Lagos to Abeokuta. (S)(AD)

9.00 QI XL

7.00 **Rick Stein's Australia** New edition 5/6. Rick travels south from the dry outback into the Riverina, a region that has been transformed from barren plains into one of Australia's most important food bowls. (S)(AD)
■ Concludes tomorrow
8.00 **Your Home Made Perfect** Architects Damion Burrows and Lynsey Elliott compete to help a couple whose home in Rickmansworth has a cramped kitchen and no comfortable downstairs space. Presented by Angela Scanlon. (S)(R)(AD)
9.00 **QI XL** Series finale *Whatnots:* 14/14. Sandi Toksvig looks at a welter of 'whatnots', with Sally Phillips, Andrew Maxwell, Joanne McNally and Alan Davies. (S)
9.45 **Live at the Apollo** Series finale 7/7. Host Kiri Pritchard-McLean welcomes Eshaan Akbar and Angela Barnes to the stage at London's Hammersmith Apollo. (S)
10.30 **Newsnight** (S)
11.00 **Lover, Liar, Predator** Four survivors of the same man join forces to bring him to justice. (S)(R)(AD)
12.30 AM **Sign Zone: Inside the Factory** The Kellogg's factory. (S)(R)(AD)
1.30 **Sign Zone: What We Do in the Shadows** 4/11. (S6) (S)(R)(AD)
1.55 **Sign Zone: Can You Keep a Secret?** 4/6. (S1) (S)(R)(AD)
2.25 **Sign Zone: The Apprentice** (S)(R)
3.30 **Sign Zone: The Apprentice: Unfinished Business** (S)(R)(AD)
4.00 **to 6.15** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the team visit the National Motorcycle Museum in Solihull, where items include a set of Beatles autographs. (S)(R)(AD)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as contestant Rachel tries to open the 22 boxes in the right order. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Football: EFL Cup

7.30 **LIVE Football: EFL Cup** Arsenal v Chelsea: Mark Pougatch presents coverage of the semi-final second-leg from the Emirates Stadium. The first leg at Stamford Bridge ended 3-2 to the Gunners in a thrilling encounter that saw Arsenal go two goals ahead twice before Chelsea fought back. Ben White and Viktor Gyokeres had given Mikel Arteta's side a 2-0 lead before Alejandro Garnacho halved the deficit. Martin Zubimendi had then made it 3-1 to Arsenal in the 71st minute, but Garnacho struck again with seven minutes remaining to give Chelsea a fighting chance in this second leg. With analysis from Karen Carney and Ian Wright, commentary by Sam Matterface and Lee Dixon, and interviews with Gabriel Clarke. Kick-off is at 8.00. (S)
10.25 **ITV News** (S)
11.00 **Local News** (S)
11.10 **FILM Taken 2** Action thriller sequel starring Liam Neeson and Maggie Grace. An ex-CIA agent and his family are targeted by a vengeful Albanian gang during a trip to Istanbul. With Famke Janssen. (S)(AD) (2012, 12, 90min) ★★★
12.40 AM **Teleshopping**
3.00 **Killer in the House: The Murders of Lesley Howell and Trevor Buchanan** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 17-19/22. (S7) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 12-15/25. (S11) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Château owners Sharon and David roll out the red carpet for a hen party in France. (S)
5.00 **Chateau DIY: Win the Dream** New edition The attic snugs are judged, before the first elimination of heat two takes place. (S)(AD)
6.00 **A Place in the Sun** New edition Jean Johansson helps a couple who are seeking a home in the historic region of Umbria, Italy. (S)

8.00 Bargain Holiday Secrets

7.00 **News** (S)
8.00 **NEW SERIES Bargain Holiday Secrets** 1/5. Jasmine Harman presents a guide to holidaying for less, beginning with cruises – from when to book, where and when to go, to deals on cabins, food, drink and excursions. (S)(AD)
9.00 **24 Hours in Police Custody** Following Bedfordshire Police as they investigate an apparently unprovoked shooting that has left a man fighting for his life, and encounter a woman who reports being threatened by the suspect. (S)(R)(AD)
10.00 **999: What Happened Next** New edition 2/4. Following the investigation into a spree of violent attacks – a stabbing, an attempted robbery and an assault – that all took place in a single morning in Peterborough. (S)(AD)
■ Entire series on C4 Streaming
11.10 **Manhunt** 2/3. In Manchester, police hunt for three suspects after a stabbing on a busy street in broad daylight. (S)(R)(AD)
12.05 AM **Secret Genius** (S)(SL)(R)(AD)
2.00 **Ramsay's Hotel Hell** (S)(SL)(R)(AD)
2.45 **The Last Leg** (S)(SL)(R)
3.40 **Couples Come Dine with Me** (R)
4.30 **Kirstie's House of Craft** (S)(R)
4.50 **Kirstie and Phil's Love It or List It** From North Tyneside (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** *Bad Education:* 3/6. Jean investigates an attack on a night watchman. (S4) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Wayne and Lisa hunt for their dream home. (S)
5.00 **News** (S)
6.00 **Love Nature** New edition 2/5. A look at the Pollinator Pathways Project in Bristol. (S)
6.05 **The Motorway** A head-on collision at rush hour brings the M66 to a standstill. (S)(R)
6.55 **News** (S)

8.00 Dogs Behaving (Very) Badly

7.00 **Supermarket Own-Brands: The Big Taste Test** A look at limited-stock products, also known as special buys. (S)(R)
7.55 **News** (S)

8.00 **Dogs Behaving (Very) Badly** New edition Graeme Hall comes to the aid of an ex-firefighter and his wife with their deerhound Boris, and a fiddling Frenchie needs expert help. (S)

9.00 **The Good Ship Murder** New episode *Valletta:* 6/8. When the ship docks in Valletta, Malta, two brothers head out on a scavenger hunt around the capital city, but things soon take a deadly turn. (S3) (S)(AD)

10.00 **Street Cops: Catching the Yobs** Officers call in armed response as they try decommission a potentially lethal shooter, and police raid a suspected criminal gang's stronghold. (S)(R)

11.05 **Fare Dodgers: At War with the Law** Officers carry out a major sting in Vauxhall. (S)(R)
12.05 AM **Call the Bailiffs: Time to Pay Up** (S)(R)(AD)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** 4&5/24 (S2) (S)(R)(AD)
3.45 **Rich House, Poor House** (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S7) (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **S.W.A.T.** 10/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *Principal Charming:* Homer plays Cupid for Marge's sister Selma. (S)(R) **5.30** *One Fish, Two Fish, Blowfish, Blue Fish:* Homer eats a poisonous fish. (S)(R)
6.00 **The Office (US)** 8/22. Michael gives the office staff a performance evaluation. (S)(R) **6.30** 9/22. Michael starts monitoring all e-mails sent from the office. (S2) (S)(R)

9.00 Spielberg

7.00 **The Simpsons** *The Way We Was:* Marge tells Bart and Lisa the story of how she met Homer. (S)(R) **7.30** *Bart's Dog Gets an F:* Bart tries to train Santa's Little Helper. With the guest voice of Tracey Ullman. (S)(R)

8.00 **David Attenborough's Wild City** 1/5. The veteran broadcaster uncovers the unseen natural treasures of Singapore and explores how the wildlife has adapted to humans. (S)(R)

9.00 **Spielberg** Susan Lacy's feature-length documentary examining director Steven Spielberg's career in depth, revealing how his experiences fed his work and changed it over time. The film also includes insights from members of Spielberg's family, as well as friends and colleagues, and behind-the-scenes footage from many of his milestone films. (S)(R)(AD)

11.30 **Chris Ramsey: Live from London** Stand-up performance from the Royal Court Theatre in London, with the comedian lifting the curtain on his domestic frustrations and flawed attempts to be a good parent. (S)(R)
12.30 AM **The Force: Manchester** (R)
1.30 **Road Wars** Double bill. (S)(R)
3.00 **S.W.A.T.** 10/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.40pm Sportscene: Premiership Highlights **11.10** Trying **12.10am** Scotcast **12.40** FILM The Notebook (2004, 12, 115min) ★★★ **2.35** Weather for the Week Ahead **2.40-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Caitlin Hanna: Trafficked in Belfast **11.40** Industry **12.40-1.35am** Trying

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm The Truth About My Murder **11.20** rying **12.20am** The Traitors Ireland **1.10-6.00am** BBC News

BBC2

N. IRELAND
Sky 969, Freesat 969
9.45pm The Chronicles of Strangford **10.00-10.30** Farm 999 **11.00** Live at the Apollo **11.45** FILM Retreat (2011, 15, 90min) ★★★ **1.15-1.30am** Gardening Together with Diarmuid Gavin

WALES
Sky 968, Freesat 968
1.45pm First Minister's Questions **2.45** Unbeatable **3.15** The Boss **4.00** The Vintage French Farmhouse **4.45-5.15** Who Do You Think You Are? USA **8.00** Weatherman Walking **8.30-9.00pm** SOS: Extreme Rescues

ITV1

As main ITV1 except:
WALES
11.10pm Sharp End **12.10-12.40am** Fletchers' Family Farm

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Gwladfa: Gwilym Bowen Rhys **12.30** Heno **1.00** Sgwrs Dan y Lloer **1.30** Ffermio **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Priodas Pum Mil **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cysgu O Gwmpas **6.30** Sgorio **6.57** Newyddion **7.00** Heno **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **8.25** Rownd a Rownd **8.55** Newyddion a'r Tywydd **9.00** Dwr Du: Trychineb y Sea Empress **10.00** Amour & Mynydd **10.30** Taith Bywyd **11.30pm-12.05am** Y Fets

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants**
7.30 **The Weakest Link** With Russell Kane, Kriss Akabusi, Maisie Adam, Lesley Joseph, Dan Snow, Nina Wadia, Judy Murray and Georgia Toffolo.
8.15 **Alan Carr's Picture Slam** With contestants from Paisley, London and Brighton.
9.00 **RuPaul's Drag Race UK vs the World** New edition 2/8. The queens must breathe new life into old looks in the Runway Ru-Mix.
10.15 NEW SERIES **Sin City: The Real Las Vegas** 1/2. Tir Dhondy reveals the realities behind modern Las Vegas. **11.00** Series finale 2/2. A look at how the city of Las Vegas has changed.
11.45 **Matthew Perry and the Ketamine Queen**
12.45 AM FILM **Bones and All** Horror romance. (2022, 18, 125min) ★★★★
2.50 **Sin City: The Real Las Vegas** 1&2/2.
3.35 **to 4.00** AM **Long Story Short**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo visits several of London's most famous locations.
7.30 **Coastal Path** Paul Rose sets out to walk all 630 miles of the South West Coast Path.
8.00 **Yes, Prime Minister** Hacker is left with egg on his face when Sir Humphrey makes it known the Government plans to cut arts funding. **8.30** Jim decides to save money by getting rid of the Department of Education.
9.00 **Queen Elizabeth I: A Timewatch Guide** 3/4. Vanessa Collingridge explores the life of Elizabeth Tudor.
10.00 **Storyville: Price of Gold** A look at the 1994 scandal in the world of professional figure skating, which ensnared fierce rivals Nancy Kerrigan and Tonya Harding.
11.15 **The Great American Buffalo** 2/2. Documentary.
1.10 AM **Great British Railway Journeys** As 7.00pm.
1.40 **Coastal Path** As 7.30pm.
2.10 **to 3.10** AM **Wild China**

MORE4

136/137 127 147 18 124 15

8.55 AM **Strangers on a Plane**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me Paralympics Special**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** An Edinburgh couple search for a property in Menorca.
5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw head to Co Durham to secretly fix-up an Austin Healey 3000. **6.55** The boys visit Essex to fix up a 1970s supercar.
8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend work to restore a Ferrari 308 GTS, famous from *Magnum PI*, for a retired police sergeant who paused the project to support his family.
9.00 **Saving Country Houses with Penelope Keith** New edition At Chavenage House in the Cotswolds, James Lowsley-Williams starts to rescue a derelict and overgrown pond with diggers, chainsaws and tractors.
10.00 **24 Hours in A&E** The doctors worry that a man who has fallen off a ladder may have broken his back..
11.05 **24 Hours in A&E**
12.10 AM **Saving Country Houses with Penelope Keith**
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **Supermarkets Unwrapped: The Snacks Aisle**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **Hollyoaks** Dillon has a proposal for Donny.
7.30 **The Simpsons** *To Surveil with Love:* Surveillance cameras are installed across Springfield.
8.00 **First Dates** Divorcee Jo is introduced to pub landlord Sam, while voice-over artist Ingrid meets 57-year-old cinema operator Simon.
9.00 **Gogglebox** Opinions on *Made in Chelsea* and *The Graham Norton Show*.
10.00 **Gogglebox** Appraisals of *Line of Duty* and *Running Wild with Bear Grylls*.
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Naked Attraction**
1.10 **First Dates**
2.15 **Gogglebox**
3.10 **Naked Attraction**
4.00 **The Goldbergs**
4.50 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Tuesday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Send in the Dogs**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 6/22. (S5)
1.00 PM **The Rookie** 17&18/22. (S5)
3.00 **Watson** 7/13. The team help a woman whose memory resets every three minutes. (S1)
4.00 **Law & Order: Criminal Intent** 9/22. A plastic surgeon reports his wife missing. (S1)
5.00 **Nothing to Declare**

10.00 Fire Country

7 PM
7.00 **Police 24/7** Officers race to save a woman suspected of overdosing, and a man pleads for help from the police.

8 PM
8.00 **Law & Order: Criminal Intent** *Last Rites:* 21/22. A priest persuades Logan to reopen a decade-old murder case. (S7)

9 PM
9.00 **Law & Order: Special Victims Unit** *The Punch List:* 3/13. The unit help a man come to terms with being victimised. (S25)

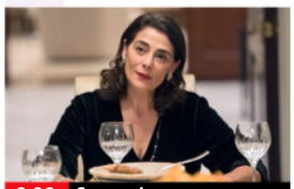
10 PM
10.00 **Fire Country** *Work, Don't Worry:* 4/22. The team co-ordinate a search-and-rescue mission after a building collapses. (S1)
11.00 **The Rookie** 6/22. (S4)
12.00 M'T **FBI** 5/22. (S5)
1.00 AM **Law & Order: Criminal Intent** 17/22. (S7)
2.00 **Matlock** New episode (S2)
3.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **The Force: Manchester**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **The Guest Wing**
8.00 **Boardwalk Empire** (S4)
10.10 **The Sopranos** (S4)
12.20 PM **Game of Thrones** (S5)
2.30 **The Wire** 4&5/13. (S4)
4.40 **Westworld** 2/8. Maeve finds herself in a new park. (S3)
5.45 **Deadwood** 10/12. The town is shocked after William's accident. (S2)
6.50 **Game of Thrones** 3/10. Queen Margaery spends time with her new husband King Tommen, and Tyrion walks the Long Bridge of Volantis. (S5)



9.00 Succession

7.55 **Game of Thrones** *The Sons of the Harpy:* 4/10. The militant arm of the Faith of the Seven grows more aggressive, and the Sand Snakes vow vengeance. (S5)

9.00 **Succession** / *Went To Market:* 5/10. Tom questions his prenup and recruits Greg for a clandestine task.

10.05 **Succession** *Which Side Are You On?* 6/10. Roman attempts to sway the board, while Shiv explores her options. (S1)
11.15 **Deadwood** As 5.45pm.
12.20 AM **The Sopranos** 4/13. Johnny pursues a personal vendetta.
1.25 5/13. Christopher overstays his welcome. (S4)
2.25 **Game of Thrones** (S5)
4.35 **In Treatment** (S2)
5.05 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **The Flash** 1/13. (S9)
9.00 **Stargate SG-1** (S7)
11.00 **SEAL Team** 10/10. (S7)
12.00 NOON **The Flash** 2/13. (S9)
1.00 PM **Hawaii Five-0** (S10)
3.10 **S.W.A.T.** 10/18. (S4)
4.10 **NCIS: Los Angeles** 19/22. The team work with DEA agent Talia Del Campo. (S13)
5.10 **SEAL Team** 9/10. The team walk straight into a trap. (S7)
6.10 **Stargate SG-1** 7/22. Daniel is reunited with his former comrade Chaka. (S7)

9.00 Jericho Ridge

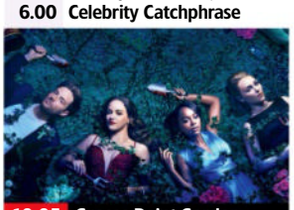
7.10 **Stargate SG-1** *Space Race:* 8/22. Quark agrees to work for an arms dealer in a desperate effort to ease his mounting debts. (S7)
8.10 **Never Mind the Buzzcocks** Guests Suggs, Katherine Ryan and Talia Mar join the regulars.

9.00 **FILM Jericho Ridge** Thriller starring Nikki Amuka-Bird. Trapped and alone, a small-town cop must fight for her life when her remote office is targeted by lethal enemies. (2023, 15, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.50 **Fear the Walking Dead** *The Unveiling:* 7/16. A new arrival sows a divide within the ranch, while Alicia forms a new relationship. (S3)
11.50 **The Force: Manchester**
2.00 AM **Road Wars**
3.00 **S.W.A.T.** 10/18. (S4)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Baby Steps** Documentary.
9.20 **The Only Way Is Essex**
10.20 **Real Housewives of Miami**
11.15 **Real Housewives of Beverly Hills** Reality series.
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.10 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.05 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**



10.05 Grosse Point Garden...

7.00 **Deal or No Deal** Stephen Mulhern hosts as Lee takes on the Banker for the chance to win life-changing money.

8.00 **The Real Housewives of Orange County** New edition Katie extends an olive branch, and Gretchen Rossi returns.

9.00 **Love Island: All Stars** New edition Famous former Islanders are given another shot at finding the one.

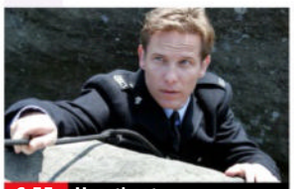
10.05 **Grosse Pointe Garden Society** New episode *Pollination:* 5/13. Birdie's friendship with Joel is put to the test. (S1)
11.05 **Family Guy** 1/20. Brian falls in love with a woman called Jess, who has cancer. (S17)
11.35 **Family Guy** 16/20. (S16)
12.05 AM **American Dad!** (S14&13)
1.05 **Bob's Burgers** (S12)
2.05 **Plebs** 2/6. (S1)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.20 PM **Foyle's War** *The White Feather:* A pro-Hitler organisation is investigated.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Stumped:* Walker is taken hostage by a man wanting revenge for his brother's arrest.



6.55 Heartbeat

6.55 **Heartbeat** *Little White Lies:* The police search for a boy who went missing after discovering his mum was having an affair.

8.00 **Vera** *The Sea Glass:* The detective investigates the murder of a fisherman whose body was found tangled up in a trawler's net, and who may have been killed as part of a family feud.

10.00 **Foyle's War** *The Hide:* Foyle puts his retirement on hold to help a man sentenced to hang for high treason, while Samantha and Adam try to secure a future for Hill House.
11.50 **Trial & Retribution** 4/10. Part two of two. Connor struggles to find a lead in the case as the death toll increases. (S10)
1.25 AM **The Larkins** 1/6. (S2)
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Eat the Town** Natalie Erskine and Darren 'Dazza' Dowling head to Stranraer.
8.00 **Island Crossings** Sisters and CalMac trainees Tanya and Natalie Mackay head out to sea.
9.00 **The Hunt for Peter Tobin** 1/2. The case regarding the sex offender sentenced to life imprisonment for three murders committed between 1991 and 2006. **10.00** 2/2. Efforts by detectives to analyse the dark secrets that may lurk in Tobin's past.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files** The criminologist analyses theories behind the motivation of children who kill.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Ballers** 1&2/10. (S2)
10.15 **Sex and the City** (S2)
11.25 **Entourage** (S3)
12.25 PM **Will & Grace** (S5)
1.25 **Sex and the City** (S2)
2.35 **Ballers** 3&4/10. (S2)
3.50 **And Just Like That...**
4.45 **The Office (US)** (S2)
5.45 **Will & Grace** (S5)
6.45 **Community** (S5)
7.45 **Sex and the City** 3/18. The girls wonder whether all men are freaks. **8.20** 4/18. Samantha dates a club owner. (S2)
9.00 **FILM Movie 43** Comedy sketch compendium. (2013, 15, 90min) ★
10.45 **And Just Like That...** *Meet Cute:* 1/11. Miranda worries about her relationship. (S2)
11.40 **Community** (S5)
12.40 AM **Entourage** (S3)
1.40 **Ballers** 3/10. (S2)
2.20 **Curb Your Enthusiasm**
3.45 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Janine Jansen: Falling for Stradivari**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **Auction Special**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The World in a Painting: Velazquez's Chili Pepper**
9.15 **I Am Raquel Welch**
10.55 **Peter O'Toole: Along the Sky Road to Aqaba**
12.55 AM **Ai Weiwei: Artivist**
2.00 **Landscape Artist of the Year** New edition
3.00 **Mary Cassatt: Painting the Modern Woman**
4.15 **Inside Art**
4.45 **to 6.00** AM **National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager** (S6)
7.00 **Star Trek: The Next Generation** *Descent – Part One:* 26/26. Data experiences rage. (S6)
8.00 **Star Trek: Deep Space Nine** *Tacking into the Wind:* 22/26. (S7)
9.00 **Fire Country** 5/22. (S1)
10.00 **FBI: International** (S1)
11.00 **Grimm** 5/22. (S5)
12.00 M'T **Wynonna Earp** (S3)
1.00 AM **Night Cops**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Millionaire Hot Seat** Double bill of the big-money quiz hosted by Jeremy Clarkson.
4.00 **Time Is Money** Sara Davies hosts the quick-fire quiz in which contestants are given the prize money upfront.
5.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Ryan takes on the ruthless Banker.
6.00 **Lingo** Triple bill of the word-based game show hosted by Adil Ray.
9.00 **Wheel of Fortune** Graham Norton hosts the game show.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show hosted by Warwick Davis.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **Chateau DIY: Win the Dream**
1.00 PM **A Place in the Sun**
3.00 **Kirstie and Phil's Love It or List It: Brilliant Builds** A look at homes in Stoke and Newcastle.
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **What Not to Eat** The chemicals that can be found in diet drinks.
8.00 **Jamie's Feasts for a Fiver** Jamie Oliver demonstrates a good value shortcrust pastry.
9.00 **Secret Genius**
11.10 **Celebrity Gogglebox**
12.15 AM **Gogglebox**
1.20 **24 Hours in Police Custody** Crime series.
2.20 **999: What Happened Next** Documentary.
3.25 **Manhunt**
4.15 **to 5.00** AM **The Dog House**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.20 **The Sweeney**
12.25 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Boon**
4.50 **The Sweeney** *Big Spender:* Regan uncovers a massive car-parking fraud.
5.55 **Minder** *Diamonds Are a Girl's Worst Enemy:* A cache of diamonds goes missing.

8.00 The Motorbike Show

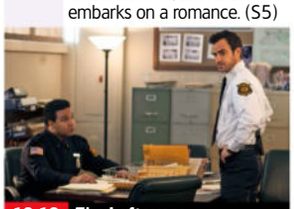
7.00 **American Pickers** Mike Wolfe and Frank Fritz explore a crumbling, unsafe building full of salvaged gems.
8.00 **The Motorbike Show** Henry and Guy reveal their Norton redesign to Norton boss Stuart Garner, and tests the CCM Spitfire.
9.00 **Ice Road Truckers** Lisa Kelly leads George Spears and rookie Tim Freeman up Two and a Half Mile Hill to Deadhorse.
10.00 **Wrestling: AEW Collision** Hard-hitting action, featuring stars including FTR, Thunder Rosa and Jon Moxley.
12.05 AM **Dark Side of the Ring** The legacy of one of wrestling's first female stars, The Fabulous Moolah, is re-examined.
1.00 **Auf Wiedersehen, Pet**
1.55 **Minder** As 5.55pm.
2.50 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 17/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 18/26. (S5)
2.00 **The Ark** 3&4/12. (S1)
4.00 **Stargate SG-1** 6/22. (S2)
5.00 **Star Trek: Voyager** 10/16. The crew encounter an alien race known for their hospitality. (S1)
6.00 **Star Trek: The Next Generation** 17/26. Riker embarks on a romance. (S5)


10.10 The Leftovers

7.00 **Star Trek: Deep Space Nine** *Business As Usual:* 18/26. Quark agrees to work for an arms dealer to ease his debts. (S5)
8.00 **Stargate SG-1** *Thor's Chariot:* 6/22. O'Neill and his team return to Cimmeria to thwart a Goa'uld invasion. (S2)
9.00 **Westworld** *Chestnut:* 2/10. A popular host faces being decommissioned after showing some abnormalities. (S1)
10.10 **The Leftovers** *Penguin One, Us Zero:* 2/10. Kevin visits a therapist following a series of disturbing nightmares. (S1)
11.15 **Wynonna Earp** 9/12. Wynonna and Doc's history is brought to bear upon them both. (S2)
12.05 AM **True Blood** 11/12. The serial killer strikes again. **1.05** 12/12. The identity of the serial killer is revealed. (S1)
2.05 **The Ark** 3&4/12. (S1)
4.00 **Wynonna Earp** As 11.15pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 14/22. (S6)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 9/13. (S2)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Mentalist** 14/22. (S6)
5.00 **Hudson & Rex** 12/20. A physiotherapist is killed. (S5)
6.00 **Father Brown** *The Kembleston Players:* Rehearsals for a play are derailed by a dramatic death.

7.00 Miss Fisher's Murder...

7.00 **Miss Fisher's Murder Mysteries** *Framed for Murder:* 9/13. The lead actor in a movie is murdered on set. (S2)
8.00 **Death in Paradise** *The Early Bird:* 6/8. Tragedy strikes when a birdwatcher is stabbed to death with his own knife. (S3)
9.00 **Father Brown** *The Face of the Enemy:* The priest spies trouble when Lady Felicia returns to Kembleford from Africa.
10.00 **Death in Paradise** *The Impossible Murder:* 3/8. A hotel owner is found stabbed to death in his room. (S6)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 1/10. Margaret and Todd tackle a case involving a murder on a live morning news show. (S2)
1.00 AM **Death in Paradise** (S3)
2.00 **Evil** 2/10. (S3)
3.00 **to 4.00** AM **Far North**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.25 **Are You Being Served?**
10.00 **Porridge**
10.40 **Keeping Up Appearances**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.40 **Are You Being Served?**
3.20 **Porridge**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Porridge**

10.00 Men Behaving Badly

7.20 **Dad's Army** Captain Mainwaring and his platoon are put in charge of manning an observation post on a derelict pier.
8.00 **Only Fools and Horses** Rodney starts going out with a police officer. **8.35** Rodney aspires to become a pop star. Guest stars DJ Mike Read. **9.15** Christmas special from 1983. Del Boy and Rodney get a visit from their estranged father.
10.00 **Men Behaving Badly** Gary dedicates himself to nursing girlfriend Dorothy back to health.
10.35 **Only Fools and Horses** As shown at 8.00pm.
11.15 **Only Fools and Horses**
12.35 AM **Men Behaving Badly**
1.15 **Avoidance** Double bill.
2.35 **The Green Green Grass**
3.10 **to 4.00** AM **Only Fools and Horses**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May's Things You Need to Know** Double bill.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **How Britain Worked**
11.00 **Rick Stein's Road to Mexico**
12.00 NOON **Bangers & Cash**
2.00 PM **Extreme Fishing with Robson Green** Tennessee.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** The links between American and British culinary cultures.
6.00 **Rick Stein's Road to Mexico** Rick's journey draws to a close.

6.00 Road to Mexico

7.00 **Would I Lie to You?** With Bob Mortimer, Steve Backshall, Gabby Logan and Katherine Parkinson. **7 PM**
7.45 **Richard Osman's House of Games** With Evelyn Mok and Joe Sugg. **8.20** With Roo Irvine, John Kearns, Diarmuid Gavin and Claire Richards. **8 PM**
9.00 **Have I Got a Bit More News for You** Katherine Ryan hosts the satirical quiz, with guests Cariad Lloyd and Andy Hamilton. **9 PM**
10.00 **QI XL** Stephen Fry hosts the quiz with a difference, with panellists Julian Clary, Ross Noble, Bill Bailey and Alan Davies. **10 PM**
11.00 **Taskmaster** Russell Howard makes a convincing liger, and Tim Vine encounters a wet bra.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You? – The Unseen Bits**
1.20 **Would I Lie to You?**
2.00 **to 4.00** AM **Silence Is Golden**

+1 hour 211/212 327 74 259

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 11-13/23. (S2)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Mind Games:* 3/24. Gibbs interrogates a death-row prisoner. **7.00** *Silver War:* 4/24. A man's remains indicate he was buried alive. **8.00** *Switch:* 5/24. The team uncover a case of identity theft. (S3)
9.00 **Law & Order Toronto: Criminal Intent** Series finale *Cul-De-Sac:* 10/10. A respected defence attorney is found murdered. (S1)
10.00 **Law & Order: Special Victims Unit** *The Undiscovered Country:* 13/24. Detectives take sides in a family's right-to-die court case. (S19)
11.00 **Law & Order: Special Victims Unit** (S19)
1.45 AM **Person of Interest**
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A 30-year-old is admitted after being in a motorbike collision.
9.00 **Fare Dodgers: At War with the Law**
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **999: Killer on the Line** Anna Hurd.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
12.00 NOON **FILM Lonely Are the Brave** Western with Kirk Douglas and Gena Rowlands. (1962, b/w, PG, 107min) ★★★
2.10 PM **FILM Hell Bent for Leather** Western starring Audie Murphy. (1959, PG, 83min) ★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** PC Ian Cosgrove attends a serious crash on the M6. **9.00** Two men with sledgehammers try to break into a supermarket.
10.00 **Police: Suspect No 1**
11.00 **Banged Up Abroad**
12.00 M'T **World's Deadliest Weather: Caught on Camera** Hurricane Ian.
1.05 AM **Ice Road Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
12.00 NOON **DIY SOS: Million Pound Build for Children in Need**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: New Zealand** Culinary show.
8.00 **One Born Every Minute** A self-proclaimed family man looks forward to the arrival of his fifth child. **9.00** The midwives at Liverpool Women's Hospital face a busy shift.
10.00 **Pete Wicks: For Dogs' Sake** Documentary.
11.00 **Inside the Ambulance**
11.30 **Louis Theroux's LA Stories** Documentary.
12.35 AM **Louis Theroux's Altered States**
1.40 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **The Bill**
8.25 **Doctors**
9.35 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **All Creatures Great and Small**
3.00 **Howards' Way**
4.10 **Bergerac**
5.20 **The Thin Blue Line**
6.00 **Last of the Summer Wine** Double bill.
8.00 **Harry Wild** New episode *The Man Who Murdered Himself:* 4/6. A novelist is found dead in a locked panic room. (S3)
9.00 **Whitstable Pearl**
10.05 **New Tricks**
11.25 **Waking the Dead**
12.45 AM **Sister Boniface Mysteries** 8/10. (S1)
1.45 **The Thin Blue Line**
2.30 **Last of the Summer Wine** Classic sitcom.
3.00 **to 4.00** AM **Art Detectives**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Auschwitz: The Nazis and the Final Solution**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Auschwitz: The Nazis and the Final Solution**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys** Timothy West and Prunella Scales explore the Norfolk Broads.
8.00 **Flipping Bangers** Will Trickett and Gus Gregory find an Audi Quattro roadster.
9.00 **Bangers & Cash: Restoring Classics**
10.00 **Bangers & Cash**
12.00 M'T **Abandoned Engineering**
2.00 **to 3.00** AM **Masters of Reinvention**

+1 hour 255 329

TUESDAY Entertainment

Really
142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Kelly Hoppen.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House** A coin collection.
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters** Triple bill, including at: **8.00** Drew meets a stylish shop dealer.
9.00 **Long Lost Family** A woman searches for her Jamaica-born father.
10.00 **Long Lost Family: What Happened Next** Updates on stories of siblings brought together after decades apart.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV
157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 16-18/24. (S6)
1.00 PM **The Waltons**
3.00 **Ballykissangel** 2/6. (S1)
4.10 **Hamish Macbeth** (S2)
5.20 **Doctor Finlay** 3/8. (S4)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 13-15/20. (S9)
9.00 **Brush Strokes** 1/6. Friends and workmates are about to spring some surprises on Jacko. **9.40** 2/6. Sandra finds a new job, and Jacko has a brush with the law. **10.20** 3/6. Elmo's wine bar opens to mixed reactions, while Jacko and Eric make an Italian connection. (S4)
11.00 **The New Avengers** (S1)
12.00 M'T **The Avengers** (S5)
1.00 AM **M*A*S*H** (S9)
2.25 **A Fine Romance** (S4)
3.00 **to 5.00** AM **Highway to Heaven**
+1hour 257

Great! Action
323 319 426 42 33

9.10 AM **Tombstone Territory**
9.40 FILM **Red Headed Stranger** Western. (1986, 15, 105min) ★★
12.00 NOON **The High Chaparral** 2/26. (S3)
1.00 PM FILM **The Secret of Convict Lake** Western. (1951, PG, 83min) ★★
2.50 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers** (S2)
9.00 FILM **Blowback** Thriller. (2022, 15, 93min) ★★
11.00 FILM **Eye for an Eye** Mystery thriller. (2019, 15, 98min) ★
1.05 AM **The Avengers** (S4)
2.05 **The New Avengers** (S2)
3.00 **Police Ten 7**
3.35 FILM **Seattle Superstorm** Thriller. (2012, PG, 95min) ★★
5.15 **to 5.50** AM **Police Ten 7**
+1hour 324

Great! Mystery
321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S3)
11.10 **Castle** 5/23. (S6)
12.10 PM FILM **Poisoned in Paradise** Thriller. (2021, PG, 84min) ★★
2.05 FILM **Lost Letter Mysteries for Christmas** Drama. (2014, PG) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 6/23. (S6)
8.00 **Unforgettable** (S3)
9.00 FILM **A Bone to Pick** Drama. (2015, PG) ★★
10.55 FILM **The Wedding Dress** Crime drama. (2015, PG, 83min) ★★
12.50 AM FILM **A Lover Betrayed** (2017, 12) ★★
2.35 FILM **A Teacher's Obsession** Thriller. (2015, PG, 83min) ★★
4.05 **to 5.00** AM **Sue Thomas: F.B.Eye**
+1hour 322

Great! Romance
319 317 424 52 47

8.10 AM FILM **Charm of Love** Drama. (2020, PG) ★★
10.20 FILM **Love on Harbor Island** Romantic drama. (2020, PG, 80min) ★★
12.10 PM FILM **The Perfect Catch** Romantic drama. (2017, PG, 90min) ★★
2.05 FILM **Royally Ever After** Romantic comedy. (2018, PG, 85min) ★★
4.00 FILM **The Wedding Fix** Drama. (2022, PG) ★★
6.00 FILM **Two Chefs and a Wedding Cake** Comedy. (2022, U, 91min) ★★
8.00 FILM **The Engagement Dress** Romantic drama. (2023, PG, 90min) ★★
9.55 FILM **Love Upstream** Romantic comedy. (2021, PG, 85min) ★★
11.55 FILM **True Love Blooms** Drama. (2019, PG) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Love Upstream** Comedy. (2021, PG, 85min) ★★
+1hour 320

Rewind TV
182 81 141

6.00 AM **Highlights**
8.30 **The Tony Hancock Show**
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.00 NOON **The Fenn Street Gang** 1/18. (S3)
12.30 PM **The Lovers** (S2)
1.00 **Lady Killers**
2.00 **Boon** 13/13. (S2)
3.00 **Bubblegum & Cheese**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Shine on Harvey Moon**
6.00 **The Dustbinmen** (S1)
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 3/7. (S2)
7.30 **The Brian Conley Show**
8.00 **Boon** 13/13. (S2)
9.00 **Riders** Drama.
10.00 **Drop the Dead Donkey**
10.30 **Stereo Underground**
11.30 **Soap** 3&4/25. (S1)
12.30 AM **Brian Conley Show**
1.00 **The Tony Hancock Show**
1.30 **The Rewind Jukebox**
2.30 **Drop the Dead Donkey**
3.00 **to 6.00** AM **Highlights**

DMAX
158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Guardians of the Glades**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** A huge storm causes the fleet to fall behind schedule. **8.00** Bill Wichrowski struggles to keep his crew in check.
9.00 **Hoffman Family Gold** Hunter seeks out new paydirt before the Lost Cut runs dry.
10.00 **Deadliest Catch** Jake has a lot to prove on a massive new boat.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**
+1hour 258 369 153

Food Network
144 152 168 43 148 39

6.00 AM **Secret Eats with Adam Richman**
7.00 **Hairy Bikers Go Local**
8.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go Local**
4.00 **The Pioneer Woman**
5.00 **Jamie's 15 Minute Meals**
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off** The eight home bakers make sugar-free cakes. **8.00** The bakers must prove their pastry skills. **9.00** Dessert Week.
10.30 **Paul Hollywood: City Bakes** From Naples.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**
+1hour 244 368 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 24/27. (S4)
9.00 **The A-Team** 2/23. (S4)
10.00 **Charlie's Angels** (S5)
11.00 FILM **Triassic Hunt** Action adventure. (2021, 15, 86min) ★★
1.00 PM FILM **The Appaloosa** Western. (1966, PG, 98min) ★★★
2.55 FILM **Five Golden Dragons** Adventure. (1967, PG, 100min) ★★
5.00 **Star Trek** 7/26. (S2)
6.00 **The Invaders** 1/17. (S1)
7.00 **The A-Team** 3/23. (S4)
8.00 **Walker, Texas Ranger**
9.00 FILM **The Game** Thriller with Sean Penn. (1997, 15, 128min) ★★★★
11.30 FILM **Anti-Life** Thriller. (2020, 15, 93min) ★★
1.25 AM FILM **Death Wish** Vigilante action drama. (1974, 18, 89min) ★★★
3.15 **to 5.00** AM FILM **The Satanic Rites of Dracula** Horror chiller. (1973, 18, 88min) ★★

Legend Xtra
317 316 171 69 138 51

9.00 AM **The Gambler: The Adventure Continues**
11.00 **The Lost World** (S1)
12.00 NOON FILM **Apocalypse of Ice** Disaster drama. (2020, PG, 88min) ★★
2.00 PM **The Gambler: The Adventure Continues**
4.00 **Walker, Texas Ranger**
5.00 FILM **Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 20/23. (S1)
9.00 FILM **Aftermath** Drama starring Scoot McNairy, Arnold Schwarzenegger and Maggie Grace. (2016, 15, 94min) ★★
10.55 FILM **The Most Dangerous Game** Thriller starring Chris Tamburello. (2022, 15, 95min) ★★
1.00 AM FILM **Aftermath**
3.00 FILM **Crack in the World** As 5.00pm.
4.55 **to 6.00** AM **The Lost World**
+1hour 318 371 139

Blaze
156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars Do America**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars Do America**
2.05 **Storage Wars**
3.05 NEW SERIES **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Alien Files Reopened**
6.00 **Pawn Stars Do America**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Junk & Disorderly**
10.00 **Rust Valley Restorers**
11.00 **WWE's Greatest Moments** Double bill.
12.00 M'T **Bermuda Triangle**
1.00 AM **Alien Files Reopened**
2.00 **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's...**

5SELECT
153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Dogs Behaving (Very) Badly** Documentary.
11.00 **Ben Fogle: New Lives in the Wild** From Spain.
12.00 NOON **WWII Battles in Colour** Documentary.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Drain the Oceans**
6.00 **Rob Bell's Engineering Reborn** Documentary.
7.00 **WWII Battles in Colour**
8.00 **Ben Fogle: New Lives in the Wild** From Maine.
9.00 **The Hotel Inspector** Alex attempts to help the owners of St Anne's House in Plymouth.
10.00 **Rich House, Poor House**
11.00 **Rich Holiday, Poor Holiday** Documentary.
12.05 AM **Wentworth Prison**
1.05 **VC Andrews' Landry Family** (S1)
3.00 **Paul Martin's Antiques Showdown**
3.45 **to 4.00** AM **Entertainment News**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With Mathew Horne, Al Murray, Danny Care and Jodie Kidd.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire?** Quiz show hosted by Chris Tarrant.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room** Five dealers compete to buy items including an Edwardian shoe closet.
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Kirsty Gallacher, Charley Boorman, Clive Tyldesley and Rachel Riley compete for charity.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC
133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 5/24. Sheldon re-evaluates the time he spends with Amy. (S7)
9.00 **Mock the Week** Dara O Briain hosts the satirical panel show with a stand-up twist.
10.00 FILM **Bumblebee** *Transformers* prequel starring Hailee Steinfeld and John Cena. A teenager discovers the battle-scarred Autobot Bumblebee in a junkyard. (2018, PG, 114min) ★★★★
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**
+1hr 233/234 313/328 99

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** (S6)
11.00 **Everybody Loves Raymond** (S7)
1.00 PM **Friends** (S6)
7.00 **Friends** 20/25. Joey auditions for a big role. **7.30** 21/25. Ross nervously prepares to meet Elizabeth's father for the first time. (S6)
8.00 FILM **Armageddon** Sci-fi action adventure starring Bruce Willis, Liv Tyler and Ben Affleck. (1998, 12, 151min) ★★★
10.55 **Drunk History: Black Stories** Double bill.
11.55 **Whose Line Is It Anyway? USA**
12.25 AM **Spin City** 8/26. (S3)
12.55 **South Park** (S7)
2.50 **Kevin Bridges Live in Glasgow** Stand-up.
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 136 154

6.00 AM **Everybody Loves Raymond** 7&8/25. (S7)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
10.30 **Spin City** 8/26. (S3)
11.00 **Friends** (S7)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
5.30 **Spin City** (S3)
7.00 **Everybody Loves Raymond** (S7)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Friends** (S6)
2.00 AM **Utopia** 2/8. (S1)
2.30 **Teachers** 6/20. (S2)
3.00 **Reno 911!** (S3)
3.45 **Jimmy Carr's Am I the A**hole?** A woman who lied about her age.
4.30 **Spin City** (S6)
5.15 **to 6.00** AM **Guessable?**

That's TV
171 150 56 164 42

8.00 AM **Highlights**
10.45 **Steptoe and Son** (S7)
11.25 **Oh, Doctor Beeching!**
12.00 NOON **Rising Damp**
12.30 PM **Man About the House** 4/7. (S1)
1.00 **Goodnight Sweetheart**
1.35 **When the Boat Comes In** 9/13. (S2)
2.40 **Minder** 11/13. (S2)
3.45 **Citizen Smith** 1/7. (S4)
4.20 **Man About the House**
4.55 **You Rang, M'Lord?** (S1)
6.00 **That's 60s**
6.10 **Steptoe and Son** (S4)
6.50 **Minder** 11/13. (S2)
7.55 **Rising Damp** 7/7. (S3)
8.25 **Whatever Happened to the Likely Lads?** (S1)
9.00 **Benidorm** 7/9. (S10)
9.55 **Shameless** 2/11. (S2)
10.55 **Man About the House**
11.25 **Rising Damp** 4/7. (S1)
11.55 **Benidorm** 7/9. (S10)
12.55 AM **Shameless** (S2)
1.55 **Kenny Everett Show**
2.25 **Man About the House**
2.50 **to 6.00** AM **Highlights**

MTV
126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.25 **Help! I'm in a Secret Relationship!**
8.00 **Catfish: The TV Show**
4.00 PM **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **Teen Mom UK: Next Generation**
8.00 **The Hills** Double bill.
9.00 **Just Tattoo of Us**
10.00 **Dating Naked**
11.00 **Black Ink Crew New York** New edition O'S*** reveals that he has yet another child on the way.
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ridiculousness** New editions Rob, Steelo and Lolo Wood get wet and wild with 'waterslider colliders'. **3.10** Rob, Steelo and Lolo go all-terrain biking in 'crashing off-path'.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Goblin Works Garage**
9.00 **Gold Rush: White Water**
11.00 **Diesel Brothers**
1.00 PM **Deadliest Catch**
3.00 **How It's Made** Copy paper. **3.30** Yoghurt and neon signs. **4.00** Chocolate and pasta. **4.30** Honey and fibre optics.
5.00 **The Woodland Workshop** Alex builds a foldable chair for a beloved basketball coach. **6.00** Ella and Charis team up to build a remarkable sculptured sign language table.

9.00 Gold Rush

7.00 **Wheeler Dealers** Mike is challenged to find a classic endurance sports car, and comes across a 1963 Volvo PV544.

8.00 **Wheeler Dealers** The team want to tackle an eco-friendly build, and Mike makes it happen with a 1977 Honda CVCC.

9.00 **Gold Rush** New edition Parker fights to stop his gold slide, Rick makes a discovery, and Kevin scores big at Sphinx Cut.

10.00 **Gold Rush** New edition Tensions erupt among the crews as miners battle to bring in big gold.

11.00 **Deadliest Catch** Freak tides trap Sig in dangerous seas, and Jake battles to get to port.
1.00 AM **Gold Rush** Double bill.
3.00 **Gold Divers** Vernon tries to capitalise on a patch of clear weather by sending out two talented divers.
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked** A multi-activity tank.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo: San Diego** A white rhino calf arrives. **4.00** The team must make a nerve-wracking decision.
5.00 **Lone Star Law** Alligators are found on school property.
6.00 **Dr Jeff: Rocky Mountain Vet** Ben and Dr Jeff head to a remote island in Panama.

8.00 Guardians of the Glades

7.00 **Treehouse Masters** A friend wants to open a treehouse B&B, so Pete Nelson allows his imagination to run wild.

8.00 **Guardians of the Glades** The team target a network of dangerous tunnels and use a variety of tactics to pull snakes out.

9.00 **Alaska: The Last Frontier** Eve and Jane go hunting, while resupplying the head of the bay proves a tough task for Elvin and August.

10.00 **Alaskan Bush People** Billy gets overambitious while conducting a late barter, as the Browns try to secure their winter stores.

11.00 **In Search of Monsters** New evidence about an alleged monster in New Jersey.
12.00 M'T **Crikey! It's the Irwins** Bindi swims with whale sharks.
1.00 AM **Air Jaws: The Hunted**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Inside Incredible Machines**
9.00 **Air Crash Investigation**
10.00 **Lost Treasures of Rome**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Secret Nazi Science**
4.00 **Battle for the Black Swan: Drain the Oceans**
5.00 **Ice Road Rescue** Jo Roger's rookies are put to the test with a triple rescue.
6.00 **Nazi Megastructures** The rail network of Nazi Germany.

10.00 Churchill's German Army

7.00 **Air Crash Investigation** How Southern Airways Flight 242 was caught in a storm in which hailstones cracked the windscreen.

8.00 **Apocalypse: The Rise of Hitler** 1/2. Documentary charting the dictator's rise to power, beginning with his formative years.

9.00 **Apocalypse: The Rise of Hitler** 2/2. Exploring Hitler's rise to the position of chancellor in 1933.

10.00 **Churchill's German Army** The story of Germans who fought for the Allies during World War Two, including a Spitfire pilot.

11.00 **Air Crash Investigation**
12.00 M'T **Car S.O.S** Tim and Fuzz rescue a 1992 VW Corrado.
1.00 AM **To Catch a Smuggler**
2.00 **Abandoned** An old church.
2.30 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars**
12.00 NOON **The Abyss: Rise & Fall of the Nazis**
1.00 PM **Lost Grail with Alice Roberts** Sacred relics.
2.00 **Secrets in the Ice** Four editions, including at: **5.00** Cosmic rays in Antarctica have experts stumped.
6.00 **American Pickers** Mike and Frank encounter a collection inherited by a woman in Ohio.

9.00 Lost Grail

7.00 **Forged in Fire** Four smiths must 'frankenstein' together discarded pieces of scrap steel to make their blades.

8.00 **Weird Britain** Andy McGrath embarks on a journey to a haunted bookstore once graced by Charles Dickens.

9.00 **NEW SERIES Lost Grail with Alice Roberts** Britain's Holy Grail legends. *See feature, page 18.* ■ Entire series on Box Sets

10.00 **NEW SERIES Secrets in the Sand** How human resilience, belief and conflict shaped life in the world's deserts.

11.00 **Secrets in the Dark** The discovery of 17 miniature coffins containing carved figures.
12.00 M'T **Secrets in the Jungle** Archaeologists identify a site containing unknown structures.
12.55 AM **Secrets in the Jungle**
2.50 **Lost Grail with Alice Roberts**
3.40 **Weird Britain** As 8.00pm.
4.25 **Pawn Stars** Documentary.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2010s**
7.00 **Discovering: Daniel Day-Lewis**
8.00 **The Directors**
9.00 **Celtics City**
10.05 **The Jinx: The Life and Deaths of Robert Durst**
11.00 **7/7: Homegrown Terror**
2.30 PM **Baby God** The children of a fertility doctor who personally inseminated his patients.
4.00 **Discovering: Daniel Day-Lewis**
5.00 **The Directors**
6.00 **Celtics City** 2/9. Bill Russell becomes the first black head coach in US professional sport.

4.00 Discovering

7.05 **The Jinx: The Life and Deaths of Robert Durst** 2/6. The property tycoon talks about seeing his mother jump to her death. **7 PM**

8.00 **Undercurrent: The Disappearance of Kim Wall** 1/2. An investigation into the murder of a young journalist. **8 PM**

9.15 **Undercurrent: The Disappearance of Kim Wall** 2/2. The nature of Peter Madsen's narcissism comes to light. **9 PM**

10.30 **Germanwings: What Happened on Flight 9525?** The circumstances surrounding the deliberate crashing of an Airbus A320-211 in 2015. **10 PM**

12.15 AM **Brazil 2002** Documentary following the Brazilian national team through the 2002 World Cup.
2.00 **Dave Not Coming Back** Two divers' efforts to retrieve a dead body from a cave.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Daniel Day-Lewis**

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Opal Hunters: Red Dirt Road Trip** Double bill.
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Guz Khan's Custom Cars** Guz upgrades his S2000 with a thunderous stereo.
9.00 **The Repair Shop** Experts attempt to restore treasured items. **10.00** A wooden trunk and a trophy are restored.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops San Francisco**
7.00 **Forensic Detectives**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **The Killer in My Family**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Killer Beside Me**
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories** An 18-month nationwide crime spree carried out by a gang.
8.00 **Murder on CCTV**
9.00 **Body Cam** New edition
10.00 **Scene of the Crime with Tony Harris**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Donal MacIntyre's UK Killer Evidence** A body is found in Bolton's red-light district.
8.00 **48 Hours** New edition The case of Morgan Metzer, who survived a violent home invasion unlike any other.
9.00 **Storm of Suspicion** New edition A kayaking trip on the Hudson River takes a tragic turn for Angelika Graswald.
10.00 **Secrets of a Murder Detective** New edition In 2022, Kenneth Ford is found murdered in his Birmingham home.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Storm of Suspicion**
3.00 **Secrets of a Murder Detective** As 10.00pm.
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
9.20 **Fatal Attraction**
11.00 **48 Hours**
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Fatal Attraction** A woman is shot dead. **3.00** A popular high-school cheerleader is found murdered.
4.00 **48 Hours** Nicole 'Nicki' Lenway is gunned down in broad daylight.
5.00 **Medical Detectives** An Illinois mother and her two children are found murdered in their beds. **5.30** A woman's body is found under a bridge. **6.00** Three Indiana construction workers are found executed. **6.30** A Texas ex-con is arrested for a murder.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **Police 24/7**
8.00 **Send in the Dogs**
9.00 **Brit Cops** Documentary.
10.00 **Police 24/7**
11.00 **World's Most Evil Killers**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers** **9.00** New edition A profile of Wilbert Dyce.
10.00 **Murder Next Door**
11.00 **Police 24/7**
12.00 M'T **Catching the Killer**
1.00 AM **World's Most Evil...**
2.00 **Murdered at First Sight**
3.00 **Murder Uncut**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Border Security USA**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Britain's Biggest Dig**
10.00 **Jungle War**
11.05 **Kissinger** As 8.55pm.
1.00 PM **War Machine: World War II**
2.10 **Britain's Biggest Dig**
3.25 **Jungle War**
4.35 **Kissinger** As 8.55pm.
6.25 **Britain's Biggest Dig**
7.45 **Jungle War** How the jungles of the Pacific shaped the battles of World War Two.
8.55 **Kissinger** Series finale 2/2. A look at how Henry Kissinger's anti-Communist zeal helped shape US foreign policy in Vietnam, China, Chile and the Soviet Union.
10.45 **Britain's Biggest Dig** The search for the lost remains of an explorer and a champion boxer.
12.00 M'T **Jungle War**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Nature

145 113/114 189 354 369

6.00 AM **Wildest New Zealand**
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Great Blue Wild**
11.00 **Shark Squad**
12.00 NOON **Great Lakes Wild**
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Great Blue Wild**
5.00 **Ireland's Wild Islands with Eoin Warner** Eoin visits a native woodland on Clare Island.
6.00 **Great Lakes Wild**
7.00 **Monkey Life** Double bill.
8.00 **Age of the Big Cats** A look at how lions conquered the world.
9.00 **My Best Friend's an Animal**
10.00 **Great Lakes Wild**
11.00 **Ireland's Wild Islands with Eoin Warner** As 5.00pm.
12.00 M'T **Shark Squad**
1.00 AM **Wildest New Zealand**
2.00 **Age of the Big Cats**
3.00 **My Best Friend's an Animal**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Swamp Mysteries with Troy Landry** As shown at 5.00pm.
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Encounter: UFO**
2.00 **Britain's Most Historic Towns**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Mystery Places**
5.00 **Swamp Mysteries with Troy Landry** Troy seeks the remains of an ancient civilisation in the Louisiana swamps.
6.00 **What on Earth?**
7.00 **Battle 360**
8.00 **Combat Ships**
9.00 **Secret Wars Uncovered**
10.00 **Secrets of the Hells Angels**
11.00 **Ancient Aliens**
1.00 AM **Encounter: UFO**
2.00 **Britain's Most Historic Towns**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Mystery Places**
5.00 **to 6.00** AM **Empire Builders**

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **Savage Builds**
1.00 PM **Blowing Up History**
3.00 **Killers of the Cosmos**
6.00 **How It's Made: Dream Cars**
6.30 **How It's Made**
9.00 **Savage Builds** Adam Savage joins forces with a NASA engineer to rebuild a rocket-propelled super weapon, originally built to breach barbed wire in World War Two.
10.00 **Extreme Engineering** Danny Forster heads to Rotterdam to examine plans to expand the city's port.
11.00 **You Have Been Warned** From lighting matches with bullets to kayaking in the snow. **12.00** M'T The world's fastest electric dragster.
1.00 AM **Alien Highway**
2.00 **Killers of the Cosmos**
4.00 **Truth Behind the Moon Landing** Documentary.
5.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Crimes That Shook Britain**
1.00 PM **Meet, Marry, Murder**
2.00 **Last Night Out**
3.00 **Imperfect Murder**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Meet, Marry, Murder** New edition When snake breeder Ben is found dead, it shocks Missouri's animal world.
9.00 **Murder on Trial** New edition The story of Gregory Rice, who vanished without a trace.
10.00 **Killer Grannies** A woman is confronted about her husband's disappearance.
11.00 **Homicide Squad: New Orleans**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The First 48**
2.00 **Killer Grannies** New edition
3.00 **Homicide Hunter**
4.00 **Court Cam**
5.00 **to 6.00** AM **Meet, Marry, Murder**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Last of the Giants: Wild Fish**
10.00 **World's Weirdest**
11.00 **National Parks: USA**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Deadly Dozen**
3.00 **Bizarre Animal Friends**
4.00 **Secrets of the Zoo: North Carolina** Documentary.
5.00 **Ultimate Airport Dubai**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo: Keeper Tales** Double bill.
8.00 **Shark Queens** Scientists uncover whether female sharks are the rulers of the ocean.
9.00 **Cape Cod Great White: Return of the White Shark** Great white sharks in the popular tourist destination.
10.00 **Life Below Zero: First Alaskans**
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Africa's Deadliest**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181

7.00 AM **Nazi UFO Conspiracy**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Exploring whether binary star systems hold the potential to host alien life.
1.00 PM **NASA's Unexplained Files**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Nazi UFO Conspiracy** Alleged connections between UFO sightings and the Nazis.
9.00 **Paranormal Declassified**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** Henry Cole continues his colossal Australian ride.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **999 Rescue Squad**
5.00 PM **Top of the Pops**
7.00 **Top of the Pops** Bruno Brookes hosts an edition from April 1990, with performances by Pat & Mick, Natalie Cole, Unique 3, Paula Abdul, Jesus Jones and Phil Collins. **7.40** Simon Mayo hosts an edition from May 1990, with performances by Sinitta, Soul II Soul, Morrissey, Adamski and BBG featuring Dina Taylor. **8.20** Anthea Turner hosts an edition from April 1990, with Jason Donovan, They Might Be Giants and Happy Mondays. **9.00** Mark Goodier hosts an edition from April 1990, with Jesus Jones, The Cure, Technotronic featuring MC, Janet Jackson and Heart. **9.40** Jackie Brambles hosts an edition from April 1990, with Sonia, The Quireboys, Adamski and Faith No More.
10.20 PM **to 6.00** AM **Top of the Pops**

+1hour 266 376

ID

154 140 166

8.00 AM **Mean Girl Murders**
9.00 **The Murder Tapes**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland**
1.00 PM **Faking It: Tears of a Crime**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Mother, May I Murder?**
7.00 **Bride Killa** The murder of Trenton Mallory, who was shot by his fiancée Amber Smith. **8.00** The story of how a holiday full of anger destroyed a young couple when one was charged with the other's murder.
9.00 **Signs of a Psychopath** Police uncover that a suspect idolises infamous serial killers. **9.30** Operators receive a chilling call from a teenager claiming he killed his parents.
10.00 **American Monster: Abuse of Power** Documentary.
11.00 **Undercover Underage**
12.00 M'T **The Playboy Murders**
2.00 AM **Mother, May I Murder?**
4.00 **to 6.00** AM **Bride Killa**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Sewer Divers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried: Classic Cars**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Vintage Voltage**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Sewer Divers**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried: Classic Cars**
8.00 **Roadworthy Rescues** Derek enlists Steve Dulcich to restore a derelict Dodge Coronet.
9.00 **Mud Madness**
10.00 **Sewer Divers**
11.00 **Wheeler Dealers World Tour**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** The Cogs restore an iconic 1970s Royal Enfield Interceptor motorbike.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.00 AM **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
8.35 **Beast of War** Horror thriller. (2025, 15, 87min) ★★★★
10.10 **Nuremberg** Legal thriller. (2025, 15, 148min) ★★★★★
12.40 PM **The Naked Gun** As 8pm.
2.20 **Prisoner of War** As 11.25pm.
4.20 **The Cut** Psychological thriller. (2024, 12, 99min) ★★★
6.10 **The Ballad of Wallis Island** Comedy with Tom Basden. (2025, 12, 100min) ★★★★

6.10 The Ballad of Wallis Island

8.00 **The Naked Gun** Comedy reboot starring Liam Neeson. Following in the footsteps of his father, Frank Drebin Jr must save his police department by cracking a murder case. (2025, 15, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

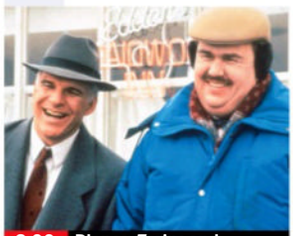
9.40 **Borderline** Dark comedy thriller starring Samara Weaving. A bodyguard protects a pop superstar and her athlete boyfriend from a determined stalker in 1990s Los Angeles. (2025, 15, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Prisoner of War** Action thriller starring Scott Adkins. (2025, 15, 112min) ★★★
1.25 AM **The Toxic Avenger** Horror comedy with Peter Dinklage. (2023, 18, 102min) ★★★
3.15 **Cookster: The Darkest Days** Crime drama starring Craige Middleburg. (2024, 15, 119min)
5.30 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Buddy Films

303 303 403 503 517

6.25 AM **Sky Cinema Preview**
7.20 **Just Friends** As 5.00am.
9.05 **The 4:30 Movie** Comedy. (2024, 15, 88min) ★★★
10.50 **Sacramento** (2024, 15) ★★★
12.35 PM **Police Academy** Comedy. (1984, 15, 95min) ★★★
2.25 **Police Academy 2: Their First Assignment** (1985, 12) ★★
4.05 **Police Academy 3: Back in Training** (1986, PG) ★
5.45 **The Blues Brothers** Comedy. (1980, 15, 135min) ★★★★★



8.00 Planes, Trains and...

8.00 **Planes, Trains and Automobiles** Comedy starring Steve Martin and John Candy as ill-matched travelling companions. (1987, 15, 92min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Trading Places** Comedy starring Dan Aykroyd and Eddie Murphy. A stuffy financier is forced to swap places with a fast-talking hustler. With Jamie Lee Curtis. (1983, 15, 116min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **48 Hrs** Action comedy with Nick Nolte and Eddie Murphy. (1982, 15, 97min) ★★★★★
1.15 AM **Napoleon Dynamite** Teen comedy starring Jon Heder and Efren Ramirez. (2004, PG, 95min) ★★★★
2.55 **American Reunion** Comedy sequel starring Jason Biggs. (2012, 15, 108min) ★★
5.00 **to 6.45** AM **Just Friends** Comedy with Ryan Reynolds. (2005, 12, 94min) ★★

Sky Cinema Drama

310 310 410 510 524

7.10 AM **An Officer and a Gentleman** As 8.00pm.
9.25 **I, Tonya** Biopic starring Margot Robbie. (2017, 15, 119min) ★★★★
11.25 **Dunkirk** World War Two drama. (2017, 12, 106min) ★★★★★
1.15 PM **It Ends with Us** Drama. (2024, 15, 125min) ★★★
3.30 **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix. (2024, 15, 138min) ★★★★
5.50 **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
8.00 **An Officer and a Gentleman** Romantic drama starring Richard Gere and Debra Winger. A working-class naval cadet strives to become an aviation officer and a mill worker dreams of marrying one. (1981, 15, 125min) ★★★★
10.05 **Legends of the Fall** Period drama with Brad Pitt, Anthony Hopkins and Aidan Quinn. (1994, 15, 133min) ★★★★
12.20 AM **Elizabeth: The Golden Age** Historical drama sequel. (2007, 12, 114min) ★★★
2.20 **The Bridges at Toko-Ri** War drama. (1954, U, 99min) ★★★
4.15 **to 6.20** AM **Two Mules for Sister Sara** Comedy Western. (1969, 15, 114min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.10 AM **Mickey 17** As 10.55pm.
9.35 **Gator Creek** As 3.10am.
11.15 **If You Were the Last** (2023)
1.00 PM **Godzilla** Monster movie. (1998, PG, 139min) ★★★
3.30 **Mad Max Beyond Thunderdome** Action thriller sequel. (1985, 15, 107min) ★★★
5.25 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★
8.00 **Dune: Part Two** Sci-fi drama starring Timothée Chalamet. Freedom fighters Paul and Chani galvanise the Fremen to strike down conspirators against the Atreides dynasty. (2024, 12, 166min) ★★★★★
10.55 **Mickey 17** Sci-fi comedy starring Robert Pattinson. In 2054, criminal Mickey Barnes agrees to be reprinted every time he perishes, but eventually meets a copy of himself. (2024, 15, 137min) ★★★
1.25 AM **Jules** Sci-fi comedy drama with Ben Kingsley and Harriet Harris. (2023, 12, 87min) ★★★
3.10 **Gator Creek** Horror thriller. (2025, 15, 87min) ★
4.50 **to 6.35** AM **If You Were the Last** Sci-fi romantic comedy. (2023, 15, 92min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.00 AM **The Wiz** As 9.45pm.
9.25 **The Golden Child** As 8pm.
11.05 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
12.40 PM **E.T. The Extra Terrestrial** Fantasy. (1982, U) ★★★★★
2.40 **Paulie** Family comedy. (1998, U, 92min) ★★★
4.20 **Harold and the Purple Crayon** Adventure. (2024, PG) ★★★
6.00 **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG, 103min) ★★★★

6.00 A Series of Unfortunate...

8.00 **The Golden Child** Fantasy adventure starring Eddie Murphy and Charlotte Lewis. A professional child-finder battles evil forces to save a Tibetan holy boy. (1986, PG, 93min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **The Wiz** Motown musical updating of *The Wizard of Oz* based on the hit Broadway show, starring Diana Ross as a Harlem schoolteacher spirited to a fantasy New York City. With Michael Jackson. (1978, U, 133min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Karate Kid** Adventure with Ralph Macchio and Noriyuki 'Pat' Morita. (1984, 12, 127min) ★★★★
2.20 **Bookworm** Comedy starring Elijah Wood and Nell Fisher. (2024, 12, 103min) ★★★★
4.15 **to 6.00** AM **My Penguin Friend** Drama with Jean Reno. (2024, PG, 98min) ★★★★

Sky Cinema Action

307 307 407 507 521

6.20 AM **Rampage** Fantasy. (2018, 12, 107min) ★★★
8.10 **Love Hurts** Action comedy. (2025, 15, 83min) ★★
9.40 **Morbius** (2022, 12) ★★
11.25 **The Long Kiss Goodnight** Thriller. (1996, 18) ★★★
1.25 PM **The Fall Guy** Action comedy. (2023, 12) ★★★★
3.35 **Bad Boys: Ride or Die** Action comedy. (2024, 15) ★★★
5.35 **Black Hawk Down** War drama. (2001, 15, 144min) ★★★

10.50 Mad Max: Fury Road

8.00 **Mission: Impossible – The Final Reckoning** Action thriller starring Tom Cruise. Ethan Hunt and the IMF team race to find the Entity, a rogue AI that can destroy mankind. With Hayley Atwell, Simon Pegg, Ving Rhames and Esai Morales. (2024, 12, 169min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Mad Max: Fury Road** Sci-fi action thriller starring Tom Hardy and Charlize Theron. (2015, 15, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure. (2008, 12, 122min) ★★★
3.00 **Jackie Chan's First Strike** Action thriller starring Jackie Chan. (1996, 12, 83min) ★★
4.40 **to 6.25** AM **Blood for Dust** Thriller starring Scoot McNairy. (2023, 15, 98min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.00 AM **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
8.10 **The Sweetest Thing** Comedy. (2002, 15, 89min) ★
9.55 **Spanglish** Comedy drama. (2004, 12, 131min) ★★★
12.15 PM **Forces of Nature** Comedy. (1999, 12, 105min) ★★★
2.15 **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★
4.15 **White Chicks** (2004, 15) ★
6.20 **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★

6.20 Ace Ventura Pet Detective

8.00 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey.Pet detective Ace Ventura searches for a sacred white bat in Africa. With Ian McNeice. (1995, PG, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **American Pie** Comedy with Jason Biggs. A group of friends pledge to lose their virginity before the school prom – which is only three weeks away. (1999, 15, 96min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Click** Fantasy comedy starring Adam Sandler, Christopher Walken and Kate Beckinsale. (2006, 12, 103min) ★★★★
1.10 AM **Alfie** Classic comedy drama starring Michael Caine. (1966, 15, 114min) ★★★★
3.05 **Tootsie** Comedy with Dustin Hoffman and Jessica Lange. (1982, 15, 116min) ★★★★
5.05 **to 6.50** AM **Kangaroo Jack** Comedy with Jerry O'Connell. (2003, PG, 89min) ★

Sky Cinema Thriller

309 309 409 509 523

6.20 AM **The Godfather Coda: The Death of Michael Corleone** Director's cut of *The Godfather: Part III*. (2020, 15) ★★★★
9.05 **Paradise Highway** Drama. (2022, 15, 115min) ★★★★
11.05 **Jaws** Steven Spielberg's thriller. (1975, 12, 125min) ★★★★★
1.15 PM **The Day of the Jackal** Thriller. (1973, 15) ★★★★★
3.45 **The Saint** (1997, 12) ★★★
5.45 **The Alto Knights** Crime drama. (2024, 15, 123min) ★★★

5.45 The Alto Knights

8.00 **Jaws 2** Adventure thriller sequel starring Roy Scheider, Lorraine Gary and Murray Hamilton. Another shark returns to terrorise the Long Island resort of Amity. (1978, PG, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Against All Odds** Thriller starring Jeff Bridges, Rachel Ward and James Woods. An unemployed football player is hired by a bookmaker to track down his missing girlfriend. (1984, 18, 116min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **All the Devils Are Here** Thriller. (2025, 15) ★★★★
1.45 **True Romance** Crime thriller. (1993, 18, 118min) ★★★★
3.55 **Unhinged** Psychological thriller. (2020, 15, 90min) ★★★
5.30 **to 7.00** AM **The Desperate Hour** Thriller with Naomi Watts. (2021, 12, 84min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Santa Fe** Western. (1951, U, 87min) ★★
12.45 PM **The Black Arrow** Adventure with Louis Hayward. (1948, b/w, U, 77min) ★★★
2.20 **To Hell and Back** War drama. (1955, PG, 106min) ★★★
4.35 **Canyon Passage** Western. (1946, PG, 92min) ★★★
6.25 **Legends of the Fall** Epic drama starring Brad Pitt. (1994, 15, 133min) ★★★★

9.00 A Man Called Otto

Legends of the Fall (film started at 6.25pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **A Man Called Otto** Comedy drama starring Tom Hanks. A man gives up on life following the loss of his wife, but when a young family move in nearby, it turns his world around. With Mariana Treviño and Rachel Keller. (2022, 15, 126min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.25 **Our Kind of Traitor** Thriller starring Ewan McGregor and Naomie Harris. A couple are thrown into the murky world of espionage when a Russian gangster asks them to smuggle classified information. (2016, 15, 105min) ★★★
1.35 **to 3.55** AM **The Night of the 12th** French crime drama. (2022, 15, 114min) ★★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Valentines

302 302 402 502 516

7.20 AM **Breakfast at Tiffany's**
9.20 **Blue Hawaii** Elvis Presley musical. (1961, PG, 103min) ★★
11.05 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
12.50 PM **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★
2.50 **Sixteen Candles** Teen comedy. (1984, 12, 89min) ★★★
4.30 **The Breakfast Club** Comedy drama. (1984, 15, 97min) ★★★★

6.15 **13 Going on 30** Comedy. (2004, 12, 98min) ★★★
8.00 **How to Lose a Guy in 10 Days** Romantic comedy starring Kate Hudson and Matthew McConaughey. A journalist sets out to seduce and then alienate an adman, but her target has his own agenda. (2003, 12, 116min) ★★★
10.00 **It's Complicated** Romantic comedy starring Meryl Streep, Steve Martin and Alec Baldwin. (2009, 15, 115min) ★★★★

12.05 AM **Bye Bye Birdie** Musical. (1963, PG, 112min) ★★★
2.00 **The Breakfast Club** (1984)
3.40 **Pretty in Pink** Comedy drama. (1986, 15, 99min) ★★★★
5.20 **to 7.15** AM **Breakfast at Tiffany's** Romantic comedy. (1961, PG, 106min) ★★★★★

Sky Cinema Greats

304 304 404 504 518

8.20 AM **The Hunt for Red October**
10.45 **Three Days of the Condor**
12.50 PM **The Towering Inferno** Epic disaster drama. (1974, 12, 165min) ★★★★
3.45 **Three Days of the Condor** Thriller starring Robert Redford. (1975, 15, 118min) ★★★★
5.45 **The Hunt for Red October** Cold War suspense thriller. (1990, PG, 135min) ★★★★

8.00 **Dirty Harry** Thriller starring Clint Eastwood. Maverick San Francisco cop Harry Callahan throws away the rule book to nail a sniper who is holding the city to a ransom of $100,000. (1971, 15, 103min) ★★★★★
10.00 **Pulp Fiction** Quentin Tarantino's black crime comedy, a homage to trash crime novels and popular culture, starring John Travolta, Bruce Willis, Samuel L Jackson and Uma Thurman. (1994, 18, 154min) ★★★★★

12.35 AM **Sleepers** Fact-based drama. (1996, 18, 146min) ★★★
3.05 **Fatal Attraction** Thriller. (1987, 15, 120min) ★★★★
5.05 **Sky Cinema Preview**
5.45 **to 7.35** AM **The Bridges at Toko-Ri** Korean War drama. (1954, U, 99min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.15 AM **Scooby-Doo! The Sword and the Scoob** As 2.30am.
7.40 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
9.20 **Rock Dog 3: Battle the Beat** Animated comedy adventure sequel. (2022, U, 90min) ★★
11.00 **Riverdance: The Animated...**
12.35 PM **Scoob!** Animated comedy. (2020, PG, 93min) ★★★

2.15 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
4.00 **Spider-Man: Into the Spider-Verse** Animation. (2018, PG, 117min) ★★★★★
6.10 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
8.00 **The Pirates! In an Adventure with Scientists** Animation. (2012, U, 87min) ★★★★
9.45 **Riverdance: The Animated Adventure** (2021, U) ★★★
11.30 **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★

1.00 AM **DC Super Hero Girls: Legends of Atlantis** (2018) ★★★
2.30 **Scooby-Doo! The Sword and the Scoob** (2021, PG) ★★★
4.00 **Batman Unlimited: Animal Instincts** (2015, PG) ★★
5.30 **to 7.20** AM **Noah's Ark** Animation. (2024, U) ★★★

Movies 24

312 313 419

7.00 AM **Love and the Radio Star** Romantic comedy drama. (2022, PG, 90min) ★★
9.00 **A Match in Manhattan** Drama. (2024, PG, 90min) ★★
11.00 **Love in Whitbrooke** Romantic drama. (2021, PG, 88min) ★★
1.00 PM **Wish Upon a Wedding** Drama. (2023, PG, 85min) ★★
3.00 **An Easter Bloom** Drama. (2024, PG, 84min) ★★

5.00 **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★
7.00 **Adventures in Love & Birding** Romantic drama starring Rachel Boston. (2025, PG, 84min) ★★
9.00 **The Professional Bridesmaid** Romantic drama starring Hunter King. A woman who works as a bridesmaid-for-hire must keep her professional status a secret at a high society wedding. (2023, PG, 90min) ★★
11.00 **Dare to Say Yes** Romantic drama. (2023, PG, 87min) ★★

1.00 AM **Return to Office** Romantic drama. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **Something New: A Teagarden Mystery** Crime drama prequel starring Skyler Samuels. (2023, U, 87min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Your Money or Your Wife** Comedy. (1959, b/w, PG) ★
7.45 **Tiger by the Tail** Thriller. (1955, b/w, PG, 83min) ★★
9.25 **Echo of Diana** Spy thriller. (1963, b/w, PG, 61min) ★
10.40 **Four Star Theatre** 21/41. (S4)
11.10 **The Woman in Green** Mystery. (1945, b/w, PG, 70min) ★★
12.30 PM **Behemoth the Sea Monster** Sci-fi. (1959, b/w, 12, 70min) ★

2.00 **Paper Gallows** Crime thriller. (1950, b/w, 12, 83min) ★★★
3.20 **Send for Paul Temple** Mystery. (1946, b/w, PG, 83min) ★★★
5.00 **Doctor in Clover** Comedy. (1966, PG, 101min) ★★★
6.55 **The Man from UNCLE** (S1)
8.00 **The Doll** 3/3. (S1)
9.05 **Count Dracula** 1/2. Adaptation of Bram Stoker's horror novel.
10.35 **Cellar Club with Caroline Munro**
10.45 **Hammer House of Mystery and Suspense** 5/13. (S1)
12.15 AM **Cellar Club with Caroline...**

12.20 **Valentino** Romantic biopic. (1951, b/w, PG, 105min) ★
2.25 **Carnival of Souls** Ghost story. (1962, b/w, 15, 80min) ★★★
4.00 **Target: The Corruptors**
5.00 **The David Niven Show**
5.30 **to 6.00** AM **The Beverly Hillbillies**

Tuesday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Deadline Day**
7.00 LIVE **ICC Under-19s World Cup Cricket** Coverage of the first semi-final at Queens Sports Club in Bulawayo, Zimbabwe.
3.00 PM LIVE **WTA & ATP Tennis** Coverage of the Tours, including the WTA Abu Dhabi Open, WTA Ostrava Open, WTA Cluj Open and ATP Montpellier Open.
5.00 **The Premier League Show**
7.00 LIVE **EFL Cup** **Arsenal v Chelsea.** The semi-final second-leg staged at the Emirates Stadium. Kick-off **8.00pm**.
10.45 **Transfer 360** Focusing on former midfielder Patrick Vieira.
11.15 **Sky Sports News**
12.00 M'T LIVE **NBA Basketball** **Dallas Mavericks v Boston Celtics.** Coverage of the inter-conference match at American Airlines Center. Tip-off **1.00am**.
3.30 AM **Sky Sports News**
4.00 **to 6.30** AM LIVE **NBA Basketball** **Portland Trail Blazers v Phoenix Suns.** Coverage of the Western Conference match at Moda Center. Tip-off **4.00am**.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **Premier League Highlights**
9.00 **Ref Watch** Analysing decisions.
10.00 **Sky Sports FC**
12.00 NOON **Premier League Review**
1.00 PM **SNF** Chelsea v West Ham.
1.30 **Premier League Highlights** Aston Villa v Brentford. **2.00** Highlights of Nottingham Forest v Crystal Palace. **2.30** Manchester United v Fulham staged at Old Trafford. **3.00** Action from Tottenham Hotspur v Manchester City.
3.30 **MNF Hlts** Sunderland v Burnley.
4.00 **Premier League Review** A look back at the weekend's action.
5.00 **The Premier League Show**
7.00 **Netbusters** Featuring all of the goals, news and major talking points from around the top flight.
7.30 **Ref Watch** Analysing decisions.
8.00 **Premier League Review**
9.00 **Netbusters** Recent action.
9.30 **Premier League One on One**
9.45 **Premier League Review**
10.45 **Transfer 360** Patrick Vieira.
11.15 **Netbusters** Recent action.
11.45 **Premier League Years**
1.45 AM **PL Retro** Liverpool v Manchester City in 2013/14.
3.45 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Retro League One**
8.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.30 **EFL Best Goals 2017/18**
12.00 NOON **SPFL Round-Up**
12.15 PM **SPFL Highlights**
12.30 **Bundesliga Highlights Show**
1.30 **EFL League One Goals**
2.00 **EFL League Two Goals**
2.30 **EFL Highlights** Championship.
3.00 **SPFL Highlights**
3.30 **EFL Highlights**
4.30 **Bundesliga Highlights Show**
5.30 **WSL** Man United v Liverpool.
6.00 **EFL Cup Highlights**
7.00 **SPFL Highlights** Action from Dundee United v Hearts.
7.15 **SPFL Round-Up**
7.30 LIVE **SPFL** **St Mirren v Hearts.** The Scottish Premiership match at the SMISA Stadium. Kick-off **8.00pm**.
10.30 **WSL** Man United v Liverpool.
11.00 **EFL Cup Highlights** Newcastle United v Manchester City.
11.30 **EFL Highlights** Championship.
12.00 M'T **EFL Cup Highlights** Arsenal v Chelsea in a semi-final.
12.30 AM **EFL** The 2012/13 play-offs.
3.30 **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **ICC Men's T20 World Cup**
7.00 LIVE **ICC Under-19s World Cup Cricket** Coverage of the first semi-final at Queens Sports Club in Bulawayo, Zimbabwe.
3.00 PM LIVE **WPL** Coverage of the eliminator in the women's T20 competition, as the teams that finished second and third in the table meet at Baroda Cricket Association Stadium in Vadodara, with a place in the final at stake.
5.30 **Best of ICC WT20**
5.45 **Best of England v South Africa**
6.00 **SA20** Highlights of the final.
7.00 **ICC Under-19s World Cup Cricket** Highlights from the first semi-final at Queens Sports Club.
8.00 **WPL** Action from the eliminator match staged at Baroda Cricket Association Stadium in Vadodara.
9.00 **ICC Under-19s World Cup Cricket** The first semi-final.
10.00 **WPL** The eliminator match. **11.00** Highlights of Gujarat Giants v Mumbai Indians.
12.00 M'T **WPL** The eliminator match.
3.30 AM **Best of England v South Africa** Action from 2011.
3.45 **Best of ICC WT20**
4.00 **to 6.00** AM **WPL**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Nick Dougherty's Tee Time Tips** Expert golfing advice.
7.00 **Best of the Open Zone 2017**
8.00 **The Improvers**
8.30 **DP World Tour Golf**
9.00 **PGA Tour Golf**
10.00 **Best of the Open Zone 2024**
11.00 **DP World Tour Golf**
11.30 **PGA Tour Golf**
12.30 PM **TGL** Recent action.
2.30 **Best of the Open Zone**
4.30 **PGA Tour Golf** Highlights.
5.30 **DP World Tour Golf**
6.00 **PGA Tour Champions** The Mitsubishi Electric Championship.
7.00 **TGL** Atlanta Drive Golf Club v Jupiter Links Golf Club.
9.00 **The Big 5 Roundtable**
11.00 **How the 2012 Ryder Cup Was Won** Archive highlights.
1.00 AM **PGA Tour Golf**
2.00 **Best of the Open Zone 2018**
3.00 **The Open – Official Films**
4.00 **PGA Tour Golf** Phoenix Open.
5.00 **to 6.00** AM **Best of the Sky Zone**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA & ATP Tennis**
9.00 LIVE **WTA & ATP Tennis** Coverage of the Tours, including the WTA Abu Dhabi Open, WTA Ostrava Open, WTA Cluj Open and ATP Montpellier Open.
5.00 PM LIVE **WTA & ATP Tennis** Further coverage of the Tours, including the WTA Abu Dhabi Open, WTA Ostrava Open and ATP Montpellier Open.
9.30 **ATP Tennis** Hong Kong Open.
10.30 **WTA Tennis** Hobart Open final.
11.30 **WTA & ATP Tennis**
12.00 M'T **ATP/WTA Tour Classics**
2.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Premier League Review**
7.00 **Australian Open**
10.00 **UEFA Europa League & Conference League Magazine**
11.00 **UEFA Champions League Magazine** News and updates.
12.00 NOON **Premier League Review**
1.00 PM **International T20 Cricket**
2.00 LIVE **International T20 Cricket** **Sri Lanka v England.** Coverage of the third and final T20 in the series from Pallekele International Cricket Stadium in Kandy. This is the final competitive T20 match for both sides before the World Cup kicks off next week.
6.00 **Premier League Netbusters**
6.30 **Premier League Stories**
7.00 **Crouchy and Cole**
7.30 LIVE **Serie A** Coverage of a match in Italy's top division.
9.45 **Premier League Reload**
10.00 **UEFA Europa League & Conference League Magazine**
11.00 **UEFA Champions League**
11.30 **Crouchy and Cole**
12.00 M'T **International T20 Cricket Highlights** Sri Lanka v England.
1.00 AM **Serie A** Action from Italy.
2.00 **Australian Open**
5.00 **to 6.00** AM **Cyclocross**

TNT Sports 2

411 414 522 409 431

6.00 AM **Premiership Women's Rugby** Recent highlights.
7.00 **PREM Rugby Cup** Northampton Saints v Leicester Tigers.
8.00 **Fishing: On the Bank**
9.00 **ABB FIA Formula E World Championship Highlights**
10.00 **Women's T20 Super Smash**
11.00 **T20 Super Smash**
12.00 NOON **International T20 Cricket Highlights** Action from India v New Zealand at Greenfield International Stadium.
1.00 PM **German Masters Snooker** Highlights of the seventh day.
3.00 **Crouchy and Cole**
3.15 **The Gruppetto** Cycling news.
3.30 LIVE **UEC Track Cycling Elite European Championship** Coverage of the third day of the event from Konya, Turkey.
6.30 **The Monuments**
9.00 **Australian Open** The women's singles final at Melbourne Park. **10.30** The men's singles final.
12.00 M'T **Alpine Skiing**
1.30 AM **Ski Jumping World Cup**
3.30 **UEFA Champions League – Classics** Archive action.
4.00 **Premiership Women's Rugby**
5.00 **to 6.00** AM **PREM Rugby Cup**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **Super Bowl LVIII Highlights**
8.00 **NFL: America's Game**
9.00 **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 NOON **NFL: America's Game**
1.00 PM **Good Morning Football**
3.00 **NFL: America's Game** A look at the Kansas City Chiefs road to Super Bowl success in 2023/24.
4.00 **Super Bowl LVIII Highlights** San Francisco 49ers v Kansas City Chiefs from the 2023/24 season.
5.00 **NFL: America's Game** A look back at Philadelphia Eagles' 2017 Super Bowl triumph.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show.
8.00 **Super Bowl LVIII Highlights** San Francisco 49ers v Kansas City Chiefs from the 2023/24 season.
10.00 **NFL Highlights** New England Patriots v Los Angeles Chargers in the fifth Wild Card play-off match staged at Gillette Stadium.
11.00 **NFL: America's Game** The Kansas City Chiefs side that won the Super Bowl in 2020.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super Bowl LV Highlights**
3.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Deadline Day**
7.00 **Sky Sports Breakfast**
9.00 LIVE **WTA & ATP Tennis** Coverage of the Tours, including the WTA Abu Dhabi Open and ATP Montpellier Open.
1.50 PM LIVE **WPL** Coverage of the eliminator held at Baroda Cricket Association Stadium, Vadodara.
5.30 **The Premier League Show**
7.00 **Sports Centre**
7.30 **EFL Greatest Games**
7.35 LIVE **EFL** **Sheffield United v Oxford United.** The Championship match at Bramall Lane. Kick-off **7.45pm**.
9.45 **EFL Greatest Games**
10.00 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T LIVE **NBA Basketball** **Dallas Mavericks v Boston Celtics.** The inter-conference match staged at American Airlines Center. Tip-off is at **1.00am**.
3.30 AM **Sky Sports News**
4.00 **to 6.30** AM LIVE **NBA Basketball** **Portland Trail Blazers v Phoenix Suns.** Coverage from Moda Center. Tip-off **4.00am**.

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **PGA Tour Golf** Highlights.
8.00 **Super League** Hull FC v Leigh.
10.45 **EFL Greatest Games**
11.00 **ATP/WTA Tour Classics**
1.00 PM **PL Greatest Games**
1.50 LIVE **WPL** Coverage of the eliminator in the women's T20 competition, as the teams that finished second and third in the table meet at Baroda Cricket Association Stadium, Vadodara.
5.30 **Best of ICC WT20**
6.00 **NRL** Action from the Grand Final.
7.00 **PGA Tour Golf** The fourth day of the Farmers Insurance Open.
8.00 **WPL** Delhi Capitals v UP Warriorz.
9.00 **NFL Highlights** Seattle Seahawks v Los Angeles Rams. **10.00** Action from Denver Broncos v New England Patriots.
11.00 **PGA Tour Golf** Highlights.
12.00 M'T **PL Greatest Games**
1.00 AM **Formula 1**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **ATP & WTA Tour**

TNT Sports 3

413 415 523 410 432

6.00 AM LIVE **Snooker World Grand Prix** Coverage of the first session from the opening day of the tournament staged at Kai Tak Arena in Hong Kong.
11.00 LIVE **Snooker World Grand Prix** Coverage of the second session from the first day held at Kai Tak Arena in Hong Kong.
3.00 PM **Fishing: On the Bank**
4.00 **Premier League Review**
5.00 LIVE **UEFA Youth League** **Chelsea U19 v PSV Eindhoven U19.** Coverage of the round-of-32 match from Cobham Training Centre. Kick-off **5.00pm**.
7.00 **Premier League Review** A look back at the latest matches, featuring Leeds United v Arsenal and Liverpool v Newcastle United.
8.00 **UEFA Champions League Magazine** News and action.
9.00 **Fishing: On the Bank**
10.00 **Men's Cycling Pro Series**
12.00 M'T **to 6.00** AM **Men's Cycling**

TNT Sports 4

414 416 524 411 434

6.00 AM **One-Day International Cricket** India v New Zealand.
9.00 **Men's Cycling Pro Series**
3.00 PM **Serie A** Action from Italy.
4.00 **Ninja A-League Women Highlights** Recent action.
4.30 **Isuzu UTE A-League Highlights**
5.00 **Women's T20 Super Smash** Action from the Grand Final.
6.00 **Premiership Women's Rugby**
7.00 **PREM Rugby Cup** Northampton Saints v Leicester Tigers.
8.00 **German Masters Snooker** Action from the seventh day staged at Tempodrom in Berlin.
10.00 **Roll the Tape** Snooker champion Ronnie O'Sullivan revisits the defining moments of his career.
10.30 **ABB FIA Formula E World Championship Highlights** Action from the Miami E-Prix.
11.30 **Ninja A-League Women Highlights** Recent action.
12.00 M'T **to 6.00** AM **Isuzu UTE A-League**

Premier Sports 1

419 551

6.00 AM **LaLiga** Mallorca v Sevilla.
8.00 **NHL Ice Hockey**
10.00 **NASCAR** Cook Out Clash.
11.00 **Scottish Football Social Club**
12.00 NOON **LaLiga Match Highlights**
1.30 PM **Sporting Greats**
2.00 **NHL on the Fly** The latest news.
3.00 **Sporting Greats**
3.30 **United Rugby Championship**
5.30 **URC in 60** Recent action.
6.30 **Scottish Football Social Club**
7.30 **LaLiga Match Highlights**
8.00 **Eredivisie Highlights**
9.00 **Top 14 Rugby Union Highlights**
9.30 **United Rugby Championship** A replay of Leinster v Edinburgh.
11.30 **NHL Ice Hockey** A chance to see Dallas Stars v Winnipeg Jets.
1.30 AM LIVE **NHL Ice Hockey** **Edmonton Oilers v Toronto Maple Leafs.** Coverage of the inter-conference match from Rogers Place. Face-off **1.30am**.
4.30 **NHL: This is Hockey**
5.00 **to 6.00** AM **NHL Tonight**

Premier Sports 2

420 552

6.00 AM **NHL: This is Hockey**
6.30 **NHL Tonight** Defensemen.
7.30 **Eredivisie** PSV v Feyenoord.
9.30 **Football's Greatest**
10.00 **Argentine Primera**
12.00 NOON **Temples of Sport**
1.00 PM **Top 14 Rugby Union**
5.00 **Bike World** Magazine.
5.30 **LaLiga** Real Betis v Valencia.
7.30 **Eredivisie** Excelsior v Ajax.
9.30 **Temples of Sport**
10.00 **NHL Ice Hockey** Calgary Flames v Toronto Maple Leafs.
12.00 M'T LIVE **NHL Ice Hockey** **Philadelphia Flyers v Washington Capitals.** Coverage of the Eastern Conference match staged at Xfinity Mobile Arena. Face-off **12.00m't**.
3.00 **to 6.00** AM LIVE **NHL Ice Hockey** **Anaheim Ducks v Seattle Kraken.** Coverage of the Western Conference match staged at Honda Center. Face-off **3.00am**.

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **Formula 1**
10.30 **Ted's Notebook**
11.00 **Formula 1** Action from the 2025 United States Grand Prix.
2.15 PM **Ted's Notebook**
2.45 **Carlos Sainz & the Lie Detector**
3.00 **Formula 1** A chance to see the 2025 United States Grand Prix.
7.45 **Ted's Notebook**
8.15 **Carlos Sainz & the Lie Detector**
8.30 **F1 Barcelona Shakedown**
9.00 **Formula 1** Highlights of the 2025 United States Grand Prix. **10.00** The 2025 Mexico City GP **11.00** The 2025 São Paulo GP.
12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday 4 February

Evening Planner

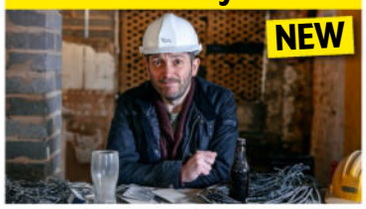
Winter Sports

Winter Olympics: Curling
TNT Sports 2 & Discovery+, 6pm
Team GB's Milano Games get underway today in the curling, with a mixed doubles round-robin match against Norway.

Documentary

Michael Jackson: The Trial
C4, 9pm (box set, C4 Streaming)
Documentary examining the criminal trial that was brought against the singer in 2005. Continues tomorrow night.

Reality



Our Yorkshire Pub Rescue
More4, 9pm
Jon Richardson invites cameras along to capture all the highs and lows as he helps reopen a North Yorkshire watering hole.

OnDemand

The Muppet Show
Available today
Kermit the Frog and friends return for a special one-off, with guests including Sabrina Carpenter.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 Can You Keep...	9.30 Black Ops	10.00 News; Local News	10.40 Sin... †
	102 BBC2	7.00 Rick Stein's Australia		8.00 Digging for Britain		9.00 Reform: Ready to Rule?		10.00 One Foot in...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Deal or No...	8.00 Emmerdale	8.30 Coronation...	9.00 Grantchester		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It		9.00 Michael Jackson: The Trial		10.00 The Fabulous Funeral Parlour	
	105 5	7.00 GPs: Behind Closed Doors		8.00 Casualty 24/7: Every Second Counts		9.00 Surgeons: A Matter of Life or Death			10.30 Ambulance...
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Landscape Artist of the Year		9.00 Band of Brothers			
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Deadly 60	8.00 Dragons' Den		9.00 The Apprentice		10.05 Apprentice...	10.35 Film: Saltburn
	116 BBC4	7.00 Great British...	7.30 Coastal Path	8.00 Brian Cox's Adventures in Space and...		9.00 Tribe		10.00 Smiley's People	
	118 ITV2	7.00 Wheel of Fortune		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Grosse Pointe Garden Society	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 The Dog House		9.00 Our Yorkshire Pub Rescue with Jon...		10.00 Jon Richardson: Old Man Tour	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Matlock		10.00 The Rookie	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 Under Salt Marsh			
	110 U&GOLD		7.20 Dad's Army	8.00 Only Fools and Horses				10.00 Men Behaving Badly	10.40 Not...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Grace				10.00 Foyle's War	
	120 ITV4	7.00 American Pickers		8.00 Junk & Disorderly		9.00 Film: You Only Live Twice			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 8 Out of 10 Cats Uncut	
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld			10.10 The Leftovers
	113 SKY MAX		7.15 Stargate SG-1		8.15 Never Mind the Buzzcocks	9.00 Film: Eye in the Sky			
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise				10.00 Father Brown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Landscape Artist of the Year		9.00 Landscape Artist of the Year: Celebrity...		10.00 David Hockney: A Celebration	
	132 U&W	7.00 My Kitchen Rules: New Zealand		8.00 NCIS: New Orleans				10.00 Elementary	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers						10.00 Kindig Customs	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Preposterous Pets		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Pole to Pole with Will Smith		9.00 Area 51: I Was There		10.00 Gladiators: Warriors of the Ancient...	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Britain's Most Historic Towns		9.00 The Curse of Oak Island		10.00 Forged in Fire	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Abandoned Engineering		9.00 Classic Car Kings		10.00 Bangers & Cash	
	121 SKY DOCS	7.05 The Jinx: The Life and Deaths of...		8.00 The Alabama Solution					10.15 Film: Bowling for Columbine
FILMS – Sky Cinema	301 PREMIERE	◂ 5.25 Nuremberg		8.00 The Naked Gun			9.40 The Cut		
	302 VALENTINES	◂ 6.10 Alfie		8.00 Two Weeks Notice			9.45 Valentine's Day		
	303 BUDDY FILMS	◂ 5.45 Sherlock Holmes		8.00 Sherlock Holmes: A Game of Shadows					10.10 American Reunion
	304 GREATS	◂ 5.35 Robin Hood: Prince of Thieves		8.00 The Godfather					
	305 ANIMATION	◂ 6.00 Flushed Away	7.35 Rango				9.35 Noah's Ark		
	306 FAMILY	◂ 6.00 Matilda		7.50 The Smurfs			9.45 The Smurfs 2		
	307 ACTION	◂ 5.15 2012		8.00 Jurassic Park					10.20 Man of Steel
	308 COMEDY	◂ 6.05 Miss Congeniality		8.00 Miss Congeniality 2: Armed and Fabulous				10.00 American Pie 2	
	309 THRILLER	◂ 6.15 Jaws 3		8.00 Ocean's Eight				10.00 Collateral	
	310 DRAMA	◂ 5.45 The Bodyguard		8.00 Molly's Game					10.25 Fifty Shades of Grey
	311 SCI-FI	◂ 5.35 Pacific Rim		8.00 Sinners					10.25 Blade
	313 FILM4	◂ 6.35 Oblivion				9.00 Beau Is Afraid			
SPORT	401 MAIN EVENT	7.00 Sports Centre	7.30 EFL Cup – Live: Manchester City v Newcastle United (Kick-off 8.00)						
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 Netbusters	8.00 Premier League Highlights			9.30 SNF	10.00 Premier League Highlights	
	403 FOOTBALL	7.00 SPFL – Live: Aberdeen v Celtic (Kick-off 8.00)							10.30 SPFL Highlights
	405 CRICKET	7.00 ICC Under-19s World Cup Cricket						10.00 WPL	
	410 TNT SPORTS 1	◂ 2.00 LIV Golf – Live: From Riyadh Golf Club in Saudi Arabia			8.30 PL Stories	9.00 PL Review		10.00 International T20 Cricket Highlights	
	411 TNT SPORTS 2	◂ 6.00 Winter Olympic Games – Curling		8.00 Winter Olympic...	8.30 The Monuments				

◂ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain: Holidays** (S)(R)
11.15 **Homes Under the Hammer** New edition From Ayrshire. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** (S)(R)
2.30 **Marcus Wareing Simply Provence** France's fruit-based dishes. (S)(R)
3.00 **Escape to the Country** (S)(R)
3.45 **Clean It, Fix It** (S)(R)
4.30 **Antiques Road Trip** New edition Margie Cooper and Danny Sebastian head to Yorkshire. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Political Broadcast** (S)

9.00 Can You Keep a Secret?

7 PM

7.00 **The One Show** JB Gill and Alex Jones present the topical show. (S)
7.30 **EastEnders** Linda goes over and above for Nigel and Julie, Patrick tries to get answers, while Barney finds shocking information. (S)(AD)

8 PM

8.00 **The Repair Shop** New edition The experts restore an organ belonging to original Stranglers keyboard player Dave Greenfield, a racing trophy, a tattered family cookbook and a pair of 1970s five-inch platform shoes. (S)(AD)

9 PM

9.00 **Can You Keep a Secret?** New episode 5/6. Debbie has a plan to save the family. (S1) (S)
■ Entire series on BBC iPlayer
9.30 **Black Ops** New episode 5/6. Dom and Kay are fired from MI5 and go their separate ways. (S2) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **NEW TO BBC1 Sin City: The Real Las Vegas** 1/2. Tir Dhondy reveals the realities behind modern Las Vegas. The first edition explores the risk of crime faced by tourists and visits a pool party. *Previously on BBC3.* (S)(AD)
11.25 **Sin City: The Real Las Vegas** Series finale 2/2. Tir Dhondy finds out how the city has changed, and what the new improved version of Vegas offers today's visitors. (S)(AD)
12.10 AM **Michael McIntyre's Big Show** With Frank Skinner and Rob Rinder. Plus, music from Cat Burns. (S)(R)
1.10 **Weather for the Week Ahead** Seven-day forecast. (S)
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.15 AM **Homes Under the Hammer** (R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Rick Stein's Australia**
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **Bridge of Lies** Quiz. (S)(R)
1.45 **Unbeatable** Game show. (S)(R)
2.15 **The Boss** Quiz show. (S)(R)
3.00 **The Vintage French Farmhouse**
3.45 **Who Do You Think You Are? USA** With Allison Janney. (S)(R)(AD)
4.15 **Japan: Earth's Enchanted Islands** 2/3. Ryukyu Islands. (S)(R)(AD)
5.15 **Flog It!** From Longleat. (S)(R)
6.00 **Richard Osman's House of Games** New edition With guests Fatiha El-Ghorri, Patrick Grant, Mr Motivator and Lauren Oakley. (S)
6.30 **Clive Myrie's African Adventure** New edition 8/10. In Morocco, Clive heads to Marrakesh. (S)(AD)

7.00 Rick Stein's Australia

7.00 **Rick Stein's Australia** Series finale 6/6. The chef's journey around New South Wales takes him to the Sapphire Coast, his favourite region in Australia, where he enjoys the seafood and looks towards the future. (S)(AD)

8.00 **Digging for Britain** New edition 5/6. Featuring a vast first-century Roman compound, the warhorses that changed the course of history, and the farmstead belonging to Isaac Newton's mother. (S)(AD)
■ Concludes tomorrow

9.00 **NEW Reform: Ready to Rule?** With Reform UK consistently leading in the polls, Laura Kuenssberg examines the party's ambitions, organisation and efforts to professionalise. (S)(AD)

10.00 **One Foot in the Grave** *The Eternal Quadrangle:* 5/6. Victor takes up life-drawing classes. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **Unspun World with John Simpson** Reflecting on the week's major global news stories. (S)
11.30 **FILM Till** Fact-based drama starring Danielle Deadwyler. (S) (2022, 12, 125min) ★★★★
1.35 AM **Sign Zone: Mystery Road: Origin** 4/6. (S2) (S)(R)(AD)
2.25 **Sign Zone: Amanda & Alan's Greek Job** 5/8. The duo tackle the master bedroom. (S)(R)(AD)
2.55 **Sign Zone: Dragons' Den** (S)(R)
3.55 **to 6.15** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David and his team are in Fleetwood, Lancashire, where Karen Dalmeny turns a collection of gold into thousands of pounds. (S)(R)(AD)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Kem takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.25 **Party Political Broadcast** (S)
6.30 **ITV News** (S)

9.00 Grantchester

7.30 **Deal or No Deal: Banker's Best Battles** New edition Stephen Mulhern looks back at some of the most iconic *Deal or No Deal* editions. This time, contestants Monz and Donna took on tense games in the autumn of 2024. (S)

8.00 **Emmerdale** Cain is feeling nervous, while Moira makes a call. (S)(AD)
8.30 **Coronation Street** Carl resolves to set the record straight, a despondent Kevin hits the roof, and Debbie reveals a huge secret. (S)(AD)

9.00 **Grantchester** New episode 6/8. Alphy and Geordie investigate when a member of a local rock band is murdered, and Kottaram struggles with some family history. (S10) (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Peston** Political magazine show hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.40 **Sorry, I Didn't Know** With guests Eshaan Akbar, Kojo Anim, Remi Burgz and Daniel Foxx. (S)(R)
12.05 AM **Teleshopping**
3.00 **Tonight: Online Reviews – Can You Trust Them?** Investigating the digital marketplace. (S)(SL)(R)
3.25 **Ainsley's Taste of the Bahamas** Exploring the island nation's homegrown produce. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 20-22/22. (S7) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 16-19/25. (S11) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Château owners Sharon and David try to get their business on the map. (S)
5.00 **Chateau DIY: Win the Dream** New edition The pairs create breakfast rooms, hoping to show their own flair while complementing the château's character. (S)(AD)
6.00 **A Place in the Sun** New edition Ben Hillman helps a couple to find a holiday home in Almeria. (S)

10.00 The Fabulous Funeral Parlour

7.00 **News** (S)

8.00 **Kirstie and Phil's Love It or List It** New edition Kirstie and Phil help Lisa and Linda, whose Tyneside home holds a lot of emotions and memories, but has become overshadowed by more recent trauma. (S)(AD)

9.00 **NEW SERIES Michael Jackson: The Trial** 1/4. Examining the 2005 criminal trial against the singer, and charting Jackson's rise to fame and his life in the spotlight. *See feature, page19.* (S)
■ Continues tomorrow

10.00 **NEW The Fabulous Funeral Parlour** One-off documentary following the work of one-of-a-kind funeral director Hayley as she helps families create bespoke and deeply personal farewells to their loved ones. (S)(AD)
11.05 **Gogglebox** (S)(SL)(R)(AD)
12.05 AM **8 Out of 10 Cats Does Countdown** Comedy quiz. (S)(R)
1.00 **FILM High-Rise** Satirical thriller starring Tom Hiddleston. (S)(SL)(AD) (2015, 15, 120min) ★★★
3.00 **Mission to Space with Francis Bourgeois** (S)(SL)(R)(AD)
3.50 **Jamie's 5 Ingredient Meals** (S)(R)
4.40 **Sunday Brunch** (S)(R)
4.55 **Couples Come Dine with Me** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

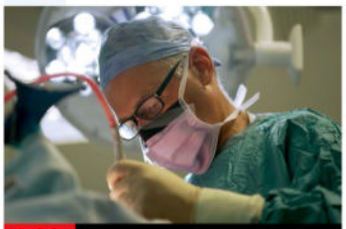
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** *The Blueprint:* 4/6. A couple believe they possess valuable blueprints. (S4) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Paula looks for a lucky break in Benidorm. (S)
5.00 **News** (S)
6.00 **Love Nature** New edition 3/5. The history of sea glass on Seaham beach, Co Durham. (S)
6.05 **The Motorway** Patrollers have to shut down the M6 due to a flock of escaped sheep. (S)(R)
6.55 **News** (S)


9.00 Surgeons: A Matter of Life...

7.00 **GPs: Behind Closed Doors** Dr Libby Pearson dives in to uncover the mystery behind a patient's unexplained stomach pains and troubling bowel changes. (S)(R)
7.55 **News** (S)

8.00 **Casualty 24/7: Every Second Counts** New edition There's a disruption to the hospital network, a 92-year-old is having trouble breathing, and an outpatient has collapsed during a scan. (S)

9.00 **Surgeons: A Matter of Life or Death** New edition 5/6. A 17-year-old's liver is failing and he needs an urgent transplant, but it's an extremely risky procedure, carrying huge potential for serious bleeding. (S)

10.30 **Ambulance: Code Red** New edition A 21-year-old man suffers serious injuries after a motorcycle accident, and a toddler suffers a seizure so severe he's placed in an induced coma. (S)

11.30 **Skin A&E** Two grooms-to-be come into the clinic with lumps they want to get rid of. (S)(R)
12.30 AM **Car Pound Cops** In Surrey, a police officer is called to assist with an erratic driver. (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** 6&7/24. (S2) (S)(R)
3.45 **Ice Age: A Frozen World** (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S7) (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **S.W.A.T.** 11/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *Oh Brother, Where Art Thou?* Homer traces his long-lost half-brother. (S)(R) **5.30** *Principal Charming:* Homer plays matchmaker for Marge's sister Selma. (S)(R)
6.00 **The Office (US)** 10/22. Michael holds a staff Christmas party at the office. (S)(R) **6.30** 11/22. Michael decides to take the office staff on a motivational cruise. (S2) (S)(R)

8.00 Landscape Artist of the Year

7.00 **The Simpsons** *Old Money:* Grampa inherits $100,000 from a woman he fell in love with. (S)(R) **7.30** *Brush with Greatness:* Marge rediscovers her flair for art. Featuring the guest voice of Ringo Starr. (S)(R)

8.00 **Landscape Artist of the Year** New edition The fourth heat takes place at Skiddaw mountain in the Lake District, where Stephen Mangan is joined by judges Tai Shan Schierenberg, Kathleen Soriano and Eva Langret. (S)

9.00 **Band of Brothers** *Why We Fight:* 9/10. Easy Company make the grim discovery of a concentration camp when the soldiers finally enter Germany, while news arrives that Hitler has committed suicide. (S)(R)

10.05 **Band of Brothers** *Points:* 10/10. The men of Easy Company overrun Hitler's Bavarian fortress retreat and await news of their impending deployment to the Pacific. (S1) (S)(R)

11.15 **Karl Pilkington: The Moaning of Life** 4/6. Karl investigates the alleged benefits of urine therapy as he explores the lengths people go to in order to stay healthy. (S)(R)(AD)
12.15 AM **The Force: Manchester** Double bill of editions. (S)(R)
2.05 **Road Wars** (S)(R)
3.00 **S.W.A.T.** 11/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
2.30-3.00pm Politics Scotland **6.55-7.00** Party Political Broadcast **10.40** Sportscene: Premiership Highlights **11.55** Debate Night **12.55am** Scotcast **1.25** Weather for the Week Ahead **1.30-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm NEW SERIES Nolan Live **11.40-1.10am** Sin City: The Real Las Vegas

WALES
Sky 965, Virgin 864, Freesat 965
6.55pm Party Political Broadcast **7.00-7.30** Six Nations Preview **10.40** Long Story Short: Beyond **10.55** Sin City: The Real Las Vegas **12.25am** Michael McIntyre's Big Show **1.25-6.00am** BBC News

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm House of the Year

WALES
Sky 968, Freesat 968
7.00pm The One Show **7.30** Rick Stein's Australia Series finale **8.30** Digging for Britain New edition **9.30-10.30pm** NEW Reform: Ready to Rule?

ITV1

As main ITV1 except:
WALES
6.25-6.30pm Party Political Broadcast

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.00** Cartrefi Cymru **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Dwr Du: Trychineb y Sea Empress **4.00** Awr Fawr **5.00** Stwnsh **6.00** Bois y Pizza: Chwe' Gwlad **6.25** Darlledad Gwleidyddol New edition **6.30** Rownd a Rownd **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode **8.25** Y Deis New edition **8.55** Newyddion a'r Tywydd **9.00** NEW SERIES Jonathan **10.00** Dal y Mellt **11.00-11.35pm** Welsh Whisperer – Ni'n Teithio Nawr!

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** A gang of kids steal the Krusty Krab's grill. **7.15** SpongeBob helps out the Krusty Krab's night-shift.
7.30 **Deadly 60** Steve Backshall examines yellow-fin tuna.
8.00 **Dragons' Den** 1/14. Cosmetic powerhouse Jenna Meek joins the line-up of millionaire investors.
9.00 **The Apprentice** 1/12. Lord Sugar invites a new batch candidates to vie to become his next business partner.
10.05 **The Apprentice: Unfinished Business** 1/12. Angela Scanlon chats to the first candidate to be fired.
10.35 FILM **Saltburn** Offbeat comedy thriller with Barry Keoghan and Jacob Elordi. (2023, 15, 131min) ★★★★
12.40 AM FILM **Cyrano** Musical romance with Peter Dinklage. (2021, 12, 123min) ★★★
2.30 **Long Story Short: Doppelganger**
2.45 **to 4.00** AM **RuPaul's Drag Race UK vs the World**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo ventures deep underground onto London's newest railway.
7.30 **Coastal Path** Paul Rose explores the north Cornish coast, visiting Tintagel Castle, Padstow and St Ives.
8.00 **Brian Cox's Adventures in Space and Time** The physicist looks at attempts to find extraterrestrial life.
9.00 **Tribe** Author Bruce Parry joins the Nenet people on their annual migration across the Siberian tundra.
10.00 **Smiley's People** 5/6. The agent gets even closer to finding Karla, but first he must make a sacrifice. **11.00** 6/6. The spy targets a Soviet diplomat. (S1)
12.00 M'T **Sleuths, Spies & Sorcerers: Andrew Marr's Paperback Heroes**
1.00 AM **Great British Railway Journeys** As 7.00pm.
1.30 **Tribe** As 9.00pm.
2.30 **to 3.30** AM **Brian Cox's Adventures in Space and Time**

MORE4

136/137 127 147 18 124 15

8.55 AM **Strangers on a Plane**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** A London couple look for a holiday home in Menorca.
5.55 **Car S.O.S** Tim Shaw and Fuzz Townshend take on a 1973 saloon that has spent decades in a dusty barn. **6.55** Tim and Fuzz travel to Scotland to secretly restore a 1968 Lancia Fulvia 1.3 Rallye.
7.55 **The Dog House** Albie the Jack Russell puppy has a second chance of a home with 10-year-old George – provided he can win over George's mum and dad.
9.00 NEW SERIES **Our Yorkshire Pub Rescue with Jon Richardson** The comedian joins a campaign to save a historic pub in North Yorkshire. In the first edition, Jon joins a group of village volunteers to demolish the toilets. *See feature, page 6.*
10.00 **Jon Richardson: Old Man Tour** A performance from Blackpool's Grand Theatre.
11.05 **Perfect Pub Walks with Bill Bailey** The Peak District.
12.10 AM **Our Yorkshire Pub Rescue with Jon Richardson** As 9.00pm.
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **Hollyoaks** One resident is overwhelmed with emotion.
7.30 **The Simpsons** *Moe Letter Blues:* Moe decides to stir up marital strife in Springfield.
8.00 **First Dates** Dynamic grandmother Karen sets out to give retired teacher Jim's dating game a boost.
9.00 **Gogglebox** Opinions on *Game of Talents*, *Four in a Bed*, *Line of Duty* and *Paranormal Activity*.
10.00 **Gogglebox** Appraisals of *Line of Duty*, *The Art of the Joy of Sex*, *Snackmasters* and *Alan Carr's Epic Gameshow*.
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Naked Attraction**
1.10 **First Dates**
2.15 **Gogglebox**
3.05 **Naked Attraction**
4.00 **The Goldbergs**
4.45 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Wednesday primetime

Wednesday primetime

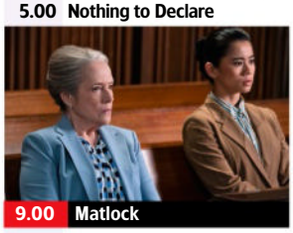
WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 7/22. (S5)
1.00 PM **The Rookie** (S5)
3.00 **Watson** 8/13. John runs into a con artist who is an old friend of Sherlock Holmes. (S1)
4.00 **Law & Order: Criminal Intent** 10/22. A banker is found dead after a fire. (S1)
5.00 **Nothing to Declare**


9.00 Matlock

7 PM
7.00 Police 24/7 Officers assist a severely injured man, and police dogs locate a man suspected of a hit-and-run.

8 PM
8.00 Law & Order: Criminal Intent *Frame:* 22/22. Bobby is haunted by the past after visiting his mother's grave. (S7)

9 PM
9.00 Matlock New episode *Mousetrap:* 5/16. Matty and Olympia try to protect each other from Julian's suspicions. (S2)

10 PM
10.00 The Rookie *Fire Fight:* 7/22. Nolan and Bailey discover there is more to Fred's death than meets the eye. (S4)
11.00 **The Rookie** 8/22. (S4)
12.00 M'T **FBI** 6/22. (S5)
1.00 AM **Law & Order: Criminal...**
2.00 NEW SERIES **FBI** 1/22. (S8)
3.00 **Law & Order: Criminal Intent**
4.00 **Road Wars**
5.00 **to 6.00** AM **The Force: Manchester**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **The Guest Wing**
8.00 **Boardwalk Empire** (S4)
10.10 **The Sopranos** (S4)
12.20 PM **Game of Thrones** (S5)
2.30 **The Wire** 6&7/13. (S4)
4.40 **Westworld** 3/8. Charlotte grapples with reality, and Dolores and Caleb begin to form a key partnership. (S3)
5.45 **Deadwood** 11/12. Bullock and his wife make plans for William's funeral. (S2)
6.50 **Game of Thrones** 5/10. Jon enlists the help of an unexpected ally. (S5)

6.50 Game of Thrones

7.55 Game of Thrones *Unbowed, Unbent, Unbroken:* 6/10. Arya continues training at the House of Black and White, while Jorah and Tyrion run into slavers. (S5)

9.00 Under Salt Marsh 1/6. A teacher who used to be a detective makes a shocking discovery that reopens a cold case.

10.00 Under Salt Marsh 2/6. The wounds of an unsolved case that rocked the town are reopened. (S1)
11.05 **Mare of Easttown** 3/7. Phone records lead Mare and Colin to question a suspect. (S1)
12.15 AM **Deadwood** As 5.45pm.
1.15 **The Sopranos** 6/13. (S4)
2.20 **Game of Thrones** (S5)
4.30 **In Treatment** (S2)
5.00 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **The Flash** 2/13. (S9)
9.00 **Stargate SG-1** (S7)
11.00 **A League of Their Own: The Rally** As 5.15pm.
12.00 NOON **The Flash** 3/13. (S9)
1.00 PM **Hawaii Five-0** (S10)
3.05 **S.W.A.T.** 11/18. (S4)
4.10 **NCIS: Los Angeles** (S13)
5.15 **A League of Their Own: The Rally** The gang compete in a race from London to Turin.
6.15 **Stargate SG-1** 9/22. The Stargate system is plunged into chaos. (S7)

9.00 Eye in the Sky

7.15 Stargate SG-1 *Birthright:* 10/22. The team help the beautiful leader of Ha'ktyl, a community of warrior Jaffa that saves newborns condemned to death. (S7)

8.15 Never Mind the Buzzcocks With guests Ashnikko, Jordan Stephens and Phil Wang.

9.00 FILM Eye in the Sky Thriller starring Helen Mirren. A mission to wipe out a terrorist cell is complicated when a girl enters the blast radius of a planned drone strike. (2015, 15, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 Fear the Walking Dead *Children of Wrath:* 8/16. Madison negotiates an agreement in the midst of ranch-wide turmoil. (S3)
12.00 M'T **SEAL Team** 10/10. (S7)
1.00 AM **The Force: Manchester**
2.00 **Road Wars** Vehicle crime.
3.00 **S.W.A.T.** 11/18. (S4)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Happy Essex After**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly Hills** Reality series.
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

7.00 Wheel of Fortune

7.00 Wheel of Fortune Graham Norton hosts the game show as contestants try to solve the puzzles in a bid to win big money.

8.00 The Real Housewives of Orange County New edition Heather finds herself negotiating a birthday guest conundrum.

9.00 Love Island: All Stars New edition Famous former Islanders are given another shot at finding the one.

10.05 Grosse Pointe Garden Society New episode *Plant Parenthood:* 6/13. Brett's new connection turns heads. (S1)
11.05 **Family Guy** 2/20. Chris and Stewie take up vaping. (S17)
11.35 17/20. Stewie's machine malfunctions. (S16)
12.05 AM **American Dad!** (S14)
1.05 **Bob's Burgers** (S12)
2.05 **American Dad!** 20/20. (S4)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.30 PM **Foyle's War** *The Hide:* Foyle puts his retirement on hold to help a man sentenced to hang for high treason.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Hearts and Flowers:* A sniper terrorises the residents of Aidensfield.

8.00 Grace

6.55 Heartbeat *Give Peace a Chance:* An anti-war protest has serious consequences for Walker.

8.00 Grace *Dead Tomorrow:* A body is dredged up from the English Channel, and the investigation forces Grace to ask himself just how far someone might go to save the ones they love.

10.00 Foyle's War *The Eternity Ring:* MI5 suspects Britain's atomic research programme has been infiltrated and recruits Foyle to investigate a Soviet spy ring that could be at work in London.
11.50 **Trial & Retribution** 5/10. A teacher is found dead. (S10)
12.50 AM **The Larkins** 2/6. (S2)
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year** The judges visit properties in the Highlands and Islands.
8.00 **Grand Tours of Scotland's Rivers** New edition Paul Murton explores the River Tay from its source in the southern Highlands to the sea.
9.00 **Debate Night** Topical discussion on the big issues affecting Scotland and beyond.
10.00 **The Troops** 1/3. Documentary series following Scottish soldiers across the world.
11.00 **Scotcast** Martin Geissler hosts a topical debate.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files** The criminologist examines two cases of murder by women.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Ballers** 3&4/10. (S2)
10.15 **Sex and the City** (S2)
11.25 **Entourage** (S3)
12.25 PM **Will & Grace** (S5)
1.25 **Sex and the City** (S2)
2.35 **Ballers** 5&6/10. (S2)
3.50 **And Just Like That...**
4.45 **The Office (US)** (S2)
5.45 **Will & Grace** (S5)
6.45 **Community** (S5)
7.45 **Sex and the City** 5/18. Big invites Carrie out to dinner. **8.20** 6/18. Charlotte finds her boyfriend with another woman. (S2)
9.00 **Sarah Silverman: We Are Miracles** Stand-up.
10.05 **And Just Like That...** *The Real Deal:* 2/11. Chaos ensues when Miranda loses her phone. (S2)
11.05 **Community** (S5)
12.05 AM **Entourage** (S3)
1.05 **Ballers** 4&5/10. (S2)
2.25 **Curb Your Enthusiasm**
3.45 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Titanic: The Musical**
8.20 **The Joy of Painting**
8.55 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Painting Birds with Jim and Nancy Moir**
3.00 **Tea with Judi Dench**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Landscape Artist of the Year** New edition
9.00 **Landscape Artist of the Year: Celebrity Special**
10.00 **David Hockney: A Celebration**
11.30 **50 Years on Film: David Hockney**
12.30 AM **The Man Who Painted Ireland**
1.40 **Anish Kapoor: Stupid Naughty Boy**
2.40 **Inside Guggenheim**
3.50 **to 6.00** AM **Highlights**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager** (S6)
7.00 **Star Trek: The Next Generation** 1/26. (S7)
8.00 **Landscape Artist of the Year** New edition The fourth heat takes place at Skiddaw mountain in the Lake District.
9.00 **The Rookie** (S1)
11.00 **Grimm** 6/22. (S5)
12.00 M'T **Wynonna Earp** (S3)
1.00 AM **Night Cops**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Wheel of Fortune**
4.00 **Time Is Money** Quick-fire quiz show hosted by Sara Davies, in which the contestants are given their prize money upfront.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Carol tries to open the 22 red boxes in the right order, taking on the Banker for the chance to win a cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Beat the Chasers** Contestants from across the UK take on a team of Chasers.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **Chateau DIY: Win the Dream**
1.00 PM **A Place in the Sun**
3.00 **Kirstie and Phil's Love It or List It: Brilliant Builds** Property series.
3.30 **Celebrity Come Dine with Me** Five editions.
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Location, Location, Location** From Surrey.
8.00 **Bargain Holiday Secrets** Cruises.
9.00 **FILM Independence Day: Resurgence** Sci-fi adventure sequel. (2016, 12, 120min) ★★★
11.20 **24 Hours in Police Custody** Documentary.
12.20 AM **999: What Happened Next**
1.25 **Catching a Killer**
2.40 **Michael Jackson: The Trial** Documentary.
3.40 **to 4.35** AM **Kirstie and Phil's Love It or List It**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.05 **Boon**
11.15 **The Sweeney**
12.20 PM **Robin of Sherwood**
1.30 **Magnum, PI**
2.30 **Kojak**
3.40 **Boon**
4.50 **The Sweeney** *Contact Breaker:* An antiques shop is used as a point of access in a robbery.
5.55 **Minder** *The Old School Tier:* Terry gives shelter to a friend who has broken out of prison.

9.00 You Only Live Twice

7.00 **American Pickers** Mike and Frank have a search through a pile of junk, but the discovery of a vintage guitar marks a change.

8.00 **Junk & Disorderly** The team attempt to bring a vintage Morris 8 back to life and also get to grips with a Triumph chopper.

9.00 FILM **You Only Live Twice** James Bond adventure starring Sean Connery. Agent 007 leads the race to prevent SPECTRE from provoking World War Three. With Donald Pleasence. (1967, PG, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

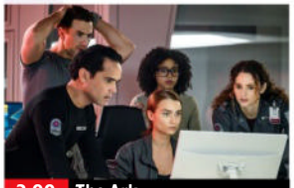
11.25 **EFL Carabao Cup Highlights** Action from the semi-final second-legs, featuring Arsenal v Chelsea and Manchester City v Newcastle United.
12.20 AM **Wrestling: AEW Collision**
2.10 **Motorsport Mundial**
2.40 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 18/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 19/26. (S5)
2.00 **The Ark** 5&6/12. (S1)
4.00 **Stargate SG-1** 7/22. (S2)
5.00 **Star Trek: Voyager** 11/16. A Kazon warship is crippled. (S1)
6.00 **Star Trek: The Next Generation** 18/26. The ship gets trapped in a time warp. With Kelsey Grammer. (S5)



2.00 The Ark

7.00 **Star Trek: Deep Space Nine** *Ties of Blood and Water:* 19/26. Kira faces a painful ritual to learn Cardassian secrets. (S5)

8.00 **Stargate SG-1** *Message in a Bottle:* 7/22. The team recover an alien orb while exploring a long-dead planet. (S2)

9.00 **Westworld** *The Stray:* 3/10. Ford throws the park into disarray when he takes over its storylines himself. (S1)

10.10 **The Leftovers** *Two Boats and a Helicopter:* 3/10. Reverend Jamison tells Nora a devastating secret about her husband. (S1)
11.10 **Wynonna Earp** 10/12. Purgatory's defenders have a run-in with the Widows. (S2)
12.00 M'T **True Blood** 1/12. Sookie's relationship with Bill is tested.
1.00 AM 2/12. Sookie empathises with Jessica. (S2)
2.00 **The Ark** 5&6/12. (S1)
4.00 **Wynonna Earp** As 11.10pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 15/22. (S6)
11.00 **Hudson & Rex** 13/20. (S5)
12.00 NOON **Miss Fisher's Murder Mysteries** 10/13. (S2)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Mentalist** 15/22. (S6)
5.00 **Hudson & Rex** 13/20. (S5)
6.00 **Father Brown** *The Horns of Cernunnos:* The priest investigates when an old friend's daughter is plagued by otherworldly visions.

5.00 Hudson & Rex

7.00 **Miss Fisher's Murder Mysteries** *Death on the Vine:* 10/13. Phryne visits a vineyard to investigate a suspicious death. (S2)

8.00 **Death in Paradise** *The Man with the Golden Gun:* 7/8. The owner of a private island is shot dead at a family gathering. (S3)

9.00 **Death in Paradise** *The Impossible Murder:* 3/8. A hotel owner is found stabbed to death in his room. (S6)

10.00 **Father Brown** *The Devil You Know:* Mallory asks the priest for help when a senior member of the police force is murdered during a bowls match.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 2/10. Margaret and Todd work on two separate cases. (S2)
1.00 AM **Death in Paradise** (S3)
2.00 **Evil** 3/10. (S3)
3.00 **to 4.00** AM **Far North**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Porridge**
10.40 **Keeping Up Appearances**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.40 **Are You Being Served?**
3.20 **Porridge**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Porridge**

6.40 Porridge

7.20 **Dad's Army** Godfrey is at the centre of controversy as the boys raise questions about whether he is brave enough for the job.

8.00 **Only Fools and Horses** Del is shocked when Rodney finds a girlfriend.
8.40 A weeping statue in the local church gives Del an idea for a miraculous money-making scheme.
9.20 Rodney unwittingly causes a family crisis by bringing home a stranger.

10.00 **Men Behaving Badly** Gary comes home to find Dorothy in bed with Tony.
10.40 **Not Going Out** First episode of the sitcom. Lee starts dating an author in an effort to discover his serious side.
11.20 **Only Fools and Horses**
1.20 AM **Men Behaving Badly**
2.00 **Avoidance** Double bill.
3.15 **to 4.00** AM **Not Going Out**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May's Things You Need to Know** Double bill.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **How Britain Worked**
11.00 **Rick Stein's Secret France**
12.00 NOON **Bangers & Cash**
2.00 PM **Extreme Fishing with Robson Green** South Africa.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Reflecting on the 1960s.
6.00 **Rick Stein's Secret France** The chef takes a culinary tour of France, starting in Dieppe.

11.00 Taskmaster

7.00 **Would I Lie to You?** With Greg Davies, Alex Jones, John Cooper Clarke and Rick Edwards.
7.40 **Richard Osman's House of Games** With Toby Anstis and Evelyn Mok.
8.20 With Roo Irvine, John Kearns, Diarmuid Gavin and Claire Richards.

9.00 **QI XL** Professor Brian Cox, Jason Manford and Rhys Darby join regular panellist Alan Davies and host Stephen Fry.

10.00 **Have I Got a Bit More News for You** Jo Brand hosts the satirical quiz, with guest panellists Phil Wang and Heidi Allen.
11.00 **Taskmaster** Asim Chaudhry goes digging for invertebrates, and Russell Howard uses ear wax to charms a nice lady.
12.00 M'T **Mock the Week** The best bits and unseen material.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Silence Is Golden**

+1 hour 211/212 327 74 259

Wednesday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 14-16/23. (S2)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Honour Code:* 7/24. A child claims his father has been taken.
7.00 *The Voyeur's Web:* 6/24. A murder is shown live online.
8.00 *Under Covers:* 8/24. Ziva and Tony pose as assassins. (S3)
9.00 **Criminal Minds** *Awakenings:* 2/10. With a member of the BAU in the hospital, the team hunt Everett Lynch. (S15)
10.00 **Law & Order: Special Victims Unit** *In Loco Parentis:* 15/24. Carisi's niece reports a friend's sexual assault. (S19)
11.00 **Law & Order: Special Victims Unit** (S19)
1.50 AM **NCIS** (S22)
2.45 **Law & Order Toronto: Criminal Intent** (S1)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **Fare Dodgers: At War with the Law** Investigators search for a suspect who has avoided more than 200 fares.
8.00 **Call the Bailiffs: Time to Pay Up** Agents Mark and Sam have a debt of more than £180,000 to collect from a dentist.
9.00 FILM **Runaway Bride** Romantic comedy with Julia Roberts and Richard Gere. (1999, PG, 116min) ★★★
11.25 **Octomum: The World's Most-Hated Woman?**
12.55 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Trucking Hell**
9.20 **Traffic Cops**
10.20 **Police Interceptors**
12.20 PM FILM **The Lawless Breed** Western drama. (1952, PG, 83min) ★★
2.05 FILM **Whispering Smith** Western with Alan Ladd. (1948, PG, 88min) ★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Concerned 999 callers report an HGV swerving all over.
9.00 **Traffic Cops** Police get reports of a lorry drifting across busy lanes.
10.00 **Special Forces: Most Daring Missions**
11.00 **Banged Up Abroad**
12.00 M'T **Deadliest Weather: Caught on Camera**
1.05 AM **Ice Road Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: New Zealand** The teams take over a food hall, serving top-quality street food.
8.00 **NCIS: New Orleans** *Le Carnaval de la Mort:* 15/23. A petty officer is murdered at Mardi Gras.
9.00 *My Brother's Keeper:* 16/23. A navy recruiter is the target of a hit-and-run. (S1)
10.00 **Elementary** 12/24. (S1)
11.00 **Louis Theroux: Behind Bars** Documentary.
12.00 M'T **Inside the Ambulance**
12.30 AM **Tom Daley: Illegal to Be Me** Documentary.
1.50 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
8.20 **Doctors**
9.35 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **All Creatures Great and Small**
3.00 **Howards' Way**
4.10 **Bergerac**
5.20 **The Thin Blue Line**
6.00 **Last of the Summer Wine** Double bill.
8.00 **Darby and Joan** 7/8. Jack and Joan search for a missing boy.
9.00 8/8. A threat from Jack's policing days re-emerges .(S1)
10.00 **New Tricks**
11.20 **Waking the Dead**
12.40 AM **Sister Boniface Mysteries** 9/10. (S1)
1.40 **The Thin Blue Line**
2.25 **Last of the Summer Wine** Classic sitcom.
2.55 **to 4.00** AM **Art Detectives**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Auschwitz: The Nazis and the Final Solution**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Auschwitz: The Nazis and the Final Solution**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys** Timothy West and Prunella Scales explore the Marne-Rhine Canal.
8.00 **Abandoned Engineering** New edition Exploring a secret New Jersey facility infiltrated by a Soviet spy ring.
9.00 **Classic Car Kings**
10.00 **Bangers & Cash**
12.00 M'T **Abandoned Engineering**
2.00 **to 3.00** AM **Masters of Reinvention**

+1 hour 255 329

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY Entertainment

Really
142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Shane Lynch.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
9.00 **Fixer to Fabulous** New edition Dave and Jenny help transform a lakeside fixer into a stunning retreat.
10.00 **Home Town** New edition A couple head to Laurel with a gift from her late father that makes their first home possible.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV
157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 19–21/24. (S6)
1.00 PM **The Waltons** (S3)
3.00 **Ballykissangel** 3/6. (S1)
4.10 **Hamish Macbeth** (S2)
5.20 **Doctor Finlay** 4/8. (S4)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 16–18/20. (S9)
9.00 **Whatever Happened to the Likely Lads?** 2/14. Bob and Thelma become increasingly worried about Terry. **9.40** 3/14. Bob is disheartened by some of his new responsibilities. **10.20** 4/14. Bob is arrested for drink-driving after going out for dinner with Thelma. (S2)
11.00 **The New Avengers** (S1)
12.00 M'T **The Avengers** (S5)
1.00 AM **M*A*S*H** (S9)
2.25 **A Fine Romance** (S4)
3.00 **to 5.00** AM **Highway to Heaven**
+1hour 257

Great! Action
323 319 426 42 33

9.00 AM **Tombstone Territory**
9.30 FILM **Who Dares Wins** Thriller. (1982, 18) ★
12.00 NOON **The High Chaparral** 3/26. (S3)
1.00 PM FILM **Texas** Western adventure. (1941, b/w, PG, 93min) ★★★
3.00 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 FILM **Men of Honor** Biopic. (2000, 15, 129min) ★★★
11.40 FILM **Danger Close: The Battle of Long Tan** Historical war drama. (2019, 15, 118min) ★★
2.10 AM **The Avengers** (S4)
3.00 **Police Ten 7**
3.35 FILM **NYC: Tornado Terror** Disaster movie. (2008, PG, 90min) ★★
5.15 **to 5.50** AM **Police Ten 7**
+1hour 324

Great! Mystery
321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S3)
11.10 **Castle** 6/23. (S6)
12.10 PM **Hailey Dean Mysteries** Crime drama.
2.05 FILM **Lost Letter Mysteries: From Paris with Love** Drama. (2015, PG, 85min) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 7/23. (S6)
8.00 **Unforgettable** (S4)
9.00 **Hailey Dean Mysteries**
10.55 FILM **Martha's Vineyard Mysteries: Riddled with Deceit** Drama. (2020, PG, 85min) ★★
12.50 AM FILM **I Almost Married A Serial Killer** Thriller. (2019, 12) ★★
2.30 FILM **Target: My Daughter** (2017, 12) ★★
4.05 **to 5.00** AM **Sue Thomas: F.B.Eye**
+1hour 322

Great! Romance
319 317 424 52 47

8.10 AM FILM **Listen Out for Love** Romantic comedy. (2022, PG, 88min) ★★
10.20 FILM **All for Love** Comedy. (2017, PG) ★★
12.15 PM FILM **Frozen in Love** Romantic drama. (2018, PG, 84min) ★★
2.05 FILM **Wedding Wonderland** Drama. (2017, PG, 92min) ★★
4.05 FILM **How to Find Forever** Romantic drama. (2021, PG, 90min) ★★
6.05 FILM **Wedding of Dreams** Drama. (2018, PG, 85min) ★★
8.00 FILM PREMIERE **Fishing for Love** Drama. (2021, U, 89min) ★★
9.55 FILM **Sealed with a Kiss** Drama. (2015, PG) ★★
11.50 FILM **A Love to Remember** Drama. (2021, PG, 90min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Wedding Wonderland**
+1hour 320

Rewind TV
182 81 141

6.00 AM **Highlights**
8.30 **Tony Hancock Show**
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.00 NOON **The Fenn Street Gang** 2/18. (S3)
12.30 PM **The Lovers** (S2)
1.00 **Wish Me Luck** (S1)
2.00 **The Champions**
3.00 **Bubblegum & Cheese**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Shine on Harvey Moon**
6.00 **The Dustbinmen** (S1)
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 4/7. (S2)
7.30 **The Brian Conley Show**
8.00 **The Champions** (S1)
9.00 **Wish Me Luck** (S1)
10.00 **Drop the Dead Donkey**
10.30 **Stereo Underground**
11.30 **Soap** 5&6/25. (S1)
12.30 AM **Brian Conley Show**
1.00 **Tony Hancock Show**
1.30 **The Rewind Jukebox**
2.30 **Drop the Dead Donkey**
3.00 **to 6.00** AM **Highlights**

DMAX
158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Guardians of the Glades**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The King fleet grow desperate as it hurtles toward the finishing line. **8.00** A mayday call from a sinking ship prompts a dramatic rescue.
9.00 **Alaska: Homestead Rescue** Novice farmsteaders in Iowa are on the verge of losing their father's legacy.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**
+1hour 258 369 153

Food Network
144 152 168 43 148 39

6.00 AM **Secrets of the Curry Kitchen**
7.00 **Hairy Bikers Go Local**
8.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Barefoot Contessa – Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go Local**
4.00 **The Pioneer Woman**
5.00 **Jamie's 15 Minute Meals**
6.00 **Barefoot Contessa – Back to Basics**
7.00 **Great British Bake Off** The bakers tackle pies, cakes and desserts. **8.00** The five remaining bakers tackle patisserie.
9.00 **Jamie Cooks Italy**
10.00 **Tom Kerridge Secrets of the Pub Kitchen**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**
+1hour 244 368 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 25/27. (S4)
9.00 **The A-Team** 3/23. (S4)
10.00 **The Invaders** 1/17. (S1)
11.00 FILM **The Lost Future** Sci-fi action adventure. (2010, 15, 90min) ★★
1.00 PM FILM **Gunsmoke: One Man's Justice** Western adventure. (1993, PG, 88min) ★★
3.00 FILM **Buckskin** Western. (1968, U, 98min) ★★
5.00 **Star Trek** 8/26. (S2)
6.00 **The Invaders** 2/17. (S1)
7.00 **The A-Team** 4/23. (S4)
8.00 **Walker, Texas Ranger**
9.00 FILM **Metro** Thriller starring Eddie Murphy. (1997, 18, 117min) ★★★
11.15 FILM **The Last Son** Western. (2021, 15, 96min) ★★
1.15 AM FILM **Butterfly on a Wheel** Thriller. (2007, 15, 95min) ★
3.10 **to 5.00** AM FILM **The Disappearance** Thriller. (1977, 15, 102min) ★★

Legend Xtra
317 316 171 69 138 51

9.00 AM **The Gambler: The Adventure Continues**
11.00 **The Lost World** (S1)
12.00 NOON FILM **Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
2.00 PM FILM **Weather Wars** Sci-fi thriller. (2011, 15, 82min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **The 7 Adventures of Sinbad** Fantasy. (2010, PG, 90min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 21/23. (S1)
9.00 FILM **3 Days to Kill** Crime action thriller. (2014, 12, 117min) ★★★
11.15 FILM **Cross the Line** Thriller with Luke Goss. (2015, 15, 87min) ★★
1.00 AM FILM **She Never Died** Horror thriller. (2019, 15, 89min) ★★
3.00 FILM **The 7 Adventures of Sinbad** As 5.00pm.
5.00 **to 6.00** AM **The Lost World**
+1hour 318 371 139

Blaze
156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars Do America**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars Do America**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Alien Files Reopened**
6.00 **Pawn Stars Do America**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Strange Evidence**
11.00 **The Proof Is Out There**
12.00 M'T **Mysteries from Above** Documentary.
1.00 AM **Alien Files Reopened**
2.00 **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Dogs Behaving (Very) Badly** Documentary.
11.00 **Ben Fogle: New Lives in the Wild** From Maine.
12.00 NOON **WWII Battles in Colour** Documentary.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.35 **The Yorkshire Vet**
5.00 **Drain the Oceans**
6.00 **Rob Bell's Engineering Reborn** In Denmark.
7.00 **WWII Battles in Colour**
8.00 **Ben Fogle: New Lives in the Wild** Botswana.
9.00 **Michael Palin in Venezuela** From Zulia.
10.00 **Michael Portillo's Travel Diaries**
11.00 **Into the Amazon with Robson Green**
12.00 M'T **Wentworth Prison**
1.00 AM **VC Andrews' Landry Family**
2.55 **Paul Martin's Antiques Showdown**
3.45 **to 4.00** AM **Entertainment News**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With guests Mark Ramprakash, Alex Beresford, Andi Osho and Jane Moore.
12.00 NOON **The Chase** Quiz.
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire?** Quiz show.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room** Five dealers compete to buy items including movie posters, Scandinavian furniture and some unusual dolls' heads.
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Quiz show hosted by Bradley Walsh.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Triple bill.
4.00 **to 6.00** AM **Bullseye**

TLC
133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **The Bad Skin Clinic** New edition Chris arrives at clinic with 120 painful skin tags, while Jakki has spent £13k searching for answers about her extremely red and swollen face.
10.00 **The Bad Skin Clinic** Dr Emma Craythorne helps people with embarrassing conditions in their private parts. **11.00** After an accident at work with a circular saw, 21-year-old Jarred has a scar on his face.
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**
+1hr 233/234 313/328 99

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** (S6)
11.00 **Everybody Loves Raymond** 1–4/23. (S8)
1.00 PM **Friends** (S6&7)
7.30 **Friends** 4/24. Joey's TV show is cancelled after only one episode. **8.00** 5/24. Joey takes Tag out on the town. **8.30** 6/24. Monica struggles to choose a maid of honour. (S7)
9.00 **Michael McIntyre's Big Show** With AJ Odudu and Zara Larsson.
10.00 **8 Out of 10 Cats Uncut**
10.50 **Out of Order**
11.50 **Whose Line Is It Anyway? USA**
12.50 AM **South Park** (S7&8)
2.50 **The Culture Capsule**
3.05 **Michael McIntyre's Big Show** As 9.00pm.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 136 154

6.00 AM **Everybody Loves Raymond** (S7)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S7)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S6)
7.00 **Everybody Loves Raymond** 1–4/23. (S8)
9.00 **South Park** (S9,13&14)
12.00 M'T **Mike Judge's Beavis and Butt-Head**
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Utopia** 3/8. (S1)
2.30 **Teachers** 7/20. (S2)
3.00 **Reno 911!** 7&8/13. (S3)
3.45 **Important Things**
4.30 **Spin City** (S6)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV
171 150 56 164 42

8.00 AM **Highlights**
10.20 **Bread** 9/10. (S8)
10.55 **Steptoe and Son** (S7)
11.35 **Oh, Doctor Beeching!**
12.10 PM **Rising Damp** (S4)
12.40 **Man About the House**
1.10 **Goodnight Sweetheart**
1.45 **When the Boat Comes In** 10/13. (S2)
2.50 **Minder** 12/13. (S2)
3.50 **Citizen Smith** 2/7. (S4)
4.25 **Man About the House**
4.55 **You Rang, M'Lord?** (S1)
6.00 **That's 60s: Best Music**
6.10 **Steptoe and Son** (S4)
6.50 **Minder** 12/13. (S3)
7.55 **Rising Damp** 1/6. (S4)
8.20 **Whatever Happened to the Likely Lads?** (S1)
9.00 **Benidorm** 8/9. (S10)
9.55 **Shameless** 3/11. (S2)
10.55 **Man About the House**
11.25 **Rising Damp** 5/7. (S1)
11.55 **Benidorm** 8/9. (S10)
12.55 AM **Shameless** (S2)
1.55 **Kenny Everett Show**
2.30 **Man About the House**
3.00 **to 6.00** AM **Highlights**

MTV
126/127 137 134 351 366

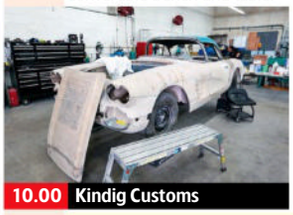
6.00 AM **Teen Cribs**
6.25 **Help! I'm in a Secret Relationship!**
8.00 **Catfish: The TV Show**
10.00 **Catfish: Scammed**
11.00 **Catfish: The TV Show**
4.00 PM **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **Teen Mom UK: Next Generation**
8.00 **Teen Mom UK** New edition Chloe's in a celebratory mood as she has the baby shower.
9.00 **True Life Crime UK**
10.00 **Caught in the Act: Unfaithful** New edition It remains to be seen if Miguel is playing Li.
11.00 **Teen Mom Family Reunion** Reality series.
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.50 **Ridiculousness** New editions Double bill.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Goblin Works Garage**
9.00 **Gold Rush: White Water**
11.00 **Diesel Brothers**
1.00 PM **Deadliest Catch** Sophia attempts to pop in a deckhand's dislocated hip. **2.00** Sig and Johnathan jockey to get ahead of a migrating king crab hoard.
3.00 **How It's Made** Four editions.
5.00 **The Woodland Workshop** Robin builds a bike rack. **6.00** Saf works on a convertible bench and table.



10.00 Kindig Customs

7.00 **Wheeler Dealers** Mike Brewer heads to Sonoma County, where he meets his first hipster and her Chevy LUV.

8.00 **Wheeler Dealers** An aspiring young mechanic aims to gather experience by working on a Ford Mustang GT.

9.00 **Wheeler Dealers** Elvis and Mike add some radical changes to a Mini Mark 1 850 to get it back on the road.

10.00 **Kindig Customs** New edition The '58 Corvette's owner wants to top off his collection with a custom CF1.

11.00 **Deadliest Catch** The Coast Guard encounters a surge of illegal foreign vessels at sea.
1.00 AM **Wheeler Dealers** Mike finds his favourite iconic British car in a garage in Wales.
2.00 **Kindig Customs** As 10.00pm.
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked** With Dwyane Wade.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo: San Diego**
5.00 **Lone Star Law** Warden Mike Boone tracks down the culprits responsible for an illegal dumpsite.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Baier helps Kino, a hound in heat even though she has been spayed twice.

5.00 Lone Star Law

7.00 **Treehouse Masters** The gang look back at builds from the past, and gather around the campfire to tell funny stories.

8.00 **Preposterous Pets** Dog owners make over their poodles to compete in grooming contests.

9.00 **Alaska: The Last Frontier** Otto surveys the condition of his barge, while Eivin and Eve use explosives to clear land.

10.00 **Alaskan Bush People** The Browns try closing a deal to help restore a wind turbine, while Noah gets bad news.

11.00 **In Search of Monsters** Investigators reveal a bold new theory about the origins of the Wendigo.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Inside Incredible Machines**
9.00 **Air Crash Investigation**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Secret Nazi Science**
4.00 **Draining Chicago: What Lies Beneath**
5.00 **Ice Road Rescue** Thord and Andrzej are in need of rescue.
6.00 **Nazi Megastructures** Trains used to transport prisoners to concentration camps.

8.00 Pole to Pole

7.00 **Air Crash Investigation** Dramatised reconstruction of real-life air disasters, along with interviews with aviation experts.

8.00 **Pole to Pole with Will Smith** New edition Will's trip to a remote island in the South Pacific is threatened by rising seas.

9.00 **Area 51: I Was There** Exploring the work carried out at the military installation and alleged UFO storage facility.

10.00 **Gladiators: Warriors of the Ancient World** In the year 60, Spiculus, Nero's champion gladiator, rises to fame.

11.00 **Air Crash Investigation**
12.00 M'T **Car S.O.S**
1.00 AM **Toronto Airport Uncovered** Documentary.
2.00 **Abandoned** An old silk mill.
2.30 **Made in a Day** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Abyss: Rise & Fall of the Nazis**
1.00 PM **The Curse of Oak Island**
2.00 **Mysteries Unearthed with Danny Trejo** Four editions of the series, including at: **5.00** The people behind top-secret information discoveries.
6.00 **American Pickers** Mike uncovers a massive stash of brass-era bikes in Cleveland.

7.00 Forged in Fire

7.00 **Forged in Fire** Two more intense battles rage on as part of Gladiators of the Forge as the smiths forge the deadly Sica.

8.00 **Britain's Most Historic Towns** Alice Roberts tells the story of Tudor England by studying the history of Norwich.

9.00 **The Curse of Oak Island** New edition The Oak Island team uncover another man-made structure on lot five.

10.00 **Forged in Fire** New edition A look back at some favourite special competitions aired over the years.

11.00 **My Paranormal Nightmare** A young girl fears a poltergeist and a boy claims to have been terrorised by a shadow man.
12.00 M'T **Mysteries Unearthed with Danny Trejo** Triple bill.
2.50 AM **The Curse of Oak Island**
3.40 **Britain's Most Historic Towns**
4.25 **Pawn Stars** Documentary.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2010s**
7.00 **Discovering: Robert Donat**
8.00 **The Directors**
9.00 **Celtics City**
10.05 **The Jinx: The Life and Deaths of Robert Durst**
11.00 **Love Has Won: The Cult of Mother God** Documentary.
2.10 PM **Brandy Hellville & the Cult of Fast Fashion**
4.00 **Discovering: Robert Donat**
5.00 **The Directors**
6.00 **Celtics City** 3/8. The team return to glory with a pair of championships in the 1970s.

8.00 The Alabama Solution

7.05 **The Jinx: The Life and Deaths of Robert Durst** 3/6. Property tycoon Robert Durst recalls the events of 2000.

8.00 **The Alabama Solution** Documentary about the prison system in Alabama told from the perspective of incarcerated inmates, who reveal endemic abuse of power and a cover-up.

10.15 **FILM Bowling for Columbine** Satirist Michael Moore's offbeat documentary. (2002, 15, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Hill** Profile of ex-Formula One driver Damon Hill.
2.20 **Lennox: The Untold Story** The life story of former boxer Lennox Lewis.
4.20 **God Is the Bigger Elvis** The story of an actress who became a nun.
5.00 **to 6.00** AM **Discovering: Robert Donat**

Wednesday

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Opal Hunters: Red Dirt Road Trip** Double bill.
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Drive It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** Angus helps a daughter clear her late mum's collection of bells. **9.00** New edition A couple need help to pay for their wedding.
10.00 **The Derbyshire Auction House**
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops San Francisco** Documentary.
7.00 **Forensic Detectives**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **The Killer in My Family**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **10 Steps to Murder**
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories** Joanna Yeates.
8.00 **Murder on CCTV**
9.00 **How (Not) to Get Rid of a Body** The case of a missing 17-year-old pregnant girl goes cold.
10.00 **Cabin in the Woods**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Donal MacIntyre's UK Killer Evidence**
8.00 **48 Hours** New edition Many years after the murder of JonBenét Ramsey, the case remains unsolved.
9.00 **Storm of Suspicion** New edition Blizzard conditions and a solid alibi are enough to stop Michigan police in their tracks when Trent Mallory is found dead.
10.00 **Fatal Fall: Murder or Accident?** New edition The case of Nada Huranieh, who was found dead on a patio.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Storm of Suspicion**
3.00 **Fatal Fall: Murder or Accident?** As 10.00pm.
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
9.20 **Fatal Attraction**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Fatal Attraction** When a 26-year-old mother goes missing, no one knows what to think. **3.00** A mother of three is found shot to death.
4.00 **48 Hours** A man says his friend might have killed her stepfather.
5.00 **Medical Detectives** A woman keeps on falling ill and doctors cannot determine why. **5.30** A criminology student is found dead. **6.00** A woman is shot dead in her own home. **6.30** A mother is found stabbed to death.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **Police 24/7**
8.00 **Send in the Dogs**
9.00 **Brit Cops** Documentary.
10.00 **Police 24/7**
11.00 **World's Most Evil Killers**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **What the Killer Did Next** Sabina Nessa.
10.00 **Killing Mum and Dad**
11.00 **Police 24/7**
12.00 M'T **Catching the Killer**
1.00 AM **Most Evil Killers**
2.00 **Murders That Shocked...**
3.00 **Murder Uncut**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Border Security USA**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Britain's Biggest Dig**
10.00 **Jungle War**
11.10 **Trump's Power & the Rule of Law**
1.00 PM **War Machine: World War II**
2.10 **Britain's Biggest Dig**
3.25 **Jungle War**
4.35 **Trump's Power & the Rule of Law**
6.30 **Britain's Biggest Dig**
7.50 **Jungle War** A look back at the aftershocks of World War Two as new leaders applied jungle warfare tactics.
9.00 **Massacre in Vietnam: My Lai** The events in the Vietnamese village of My Lai in March 1968, when American infantry soldiers killed more than 300 civilians.
10.45 **Britain's Biggest Dig**
12.00 M'T **Jungle War**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY

Sky Nature

145 113/114 189 354 369

6.00 AM **Wildest New Zealand**
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Great Blue Wild**
11.00 **Wildlife ER**
12.00 NOON **Great Lakes Wild**
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Great Blue Wild**
5.00 **Ireland's Wild Islands with Eoin Warner** Eoin sails to the islands off Co Kerry.
6.00 **Great Lakes Wild**
7.00 **Monkey Life** Double bill.
8.00 **Secret World of Sound with David Attenborough**
9.00 **Leopard Dynasty: The Rise of Rana** Documentary.
10.00 **Great Lakes Wild**
11.00 **Ireland's Wild Islands with...**
12.00 M'T **Wildlife ER**
1.00 AM **Wildest New Zealand**
2.00 **Secret World of Sound with...**
3.00 **Leopard Dynasty: The Rise...**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Swamp Mysteries with Troy Landry** Documentary.
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Encounter: UFO**
2.00 **Britain's Most Historic Towns**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Mystery Places**
5.00 **Swamp Mysteries with Troy Landry** Documentary.
6.00 **What on Earth?**
7.00 **Battle 360**
8.00 **Combat Ships**
9.00 **Secrets in the Ice**
10.00 **Rome: Rise and Fall of an Empire** Spartacus' revolt against General Crassus' army.
11.00 **Ancient Aliens**
1.00 AM **Encounter: UFO**
2.00 **Britain's Most Historic Towns**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Mystery Places**
5.00 **to 6.00** AM **Empire Builders**

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
10.00 **Alien Highway**
11.00 **Richard Hammond's Big**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made**
9.00 **In Search of Monsters** Experts discuss theories related to the world's most famous cryptid, Bigfoot. Recently uncovered evidence unveils a creature far fiercer than previously believed. **10.00** Experts investigate a new theory surrounding Scotland's Loch Ness Monster. The creature may not only be real, but possibly more dangerous than ever imagined.
11.00 **The Alaska Triangle** Experts examine the possibility of an interdimensional portal. **12.00** M'T Investigating whether an ape-like beast is responsible for a string of mutilations in the Alaskan wilderness.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Richard Hammond's Big**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Killer Britain with Dermot Murnaghan** Double bill.
1.00 PM **Meet, Marry, Murder**
2.00 **Last Night Out**
3.00 **Murder by Medic**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Meet, Marry, Murder** New edition How sympathy for a widow – shattered by the loss of her partner of 25 years – soon gave way to suspicion.
9.00 **Killer Grannies** New edition After a Florida woman is shot, the hunt for her killer is linked to a murdered Minnesota farmer.
10.00 **Fatal Family Feuds**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The First 48**
2.00 **Interrogation Raw**
3.00 **Homicide Hunter**
4.00 **Court Cam**
5.00 **to 6.00** AM **Meet, Marry, Murder**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Last of the Giants: Wild Fish**
10.00 **World's Weirdest**
11.00 **National Parks: USA**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Deadly Dozen**
3.00 **Bizarre Animal Friends**
4.00 **Secrets of the Zoo: North Carolina** Documentary.
5.00 **Ultimate Airport Dubai**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo: Keeper Tales** Double bill of editions.
8.00 **The Flood** 1/2. A look at the impact of flooding on the wildlife of the Okavango Delta. **9.00** 2/2. The flood leaves animals constrained to small islands which prove perfect hunting grounds.
10.00 **Life Below Zero: First Alaskans**
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Africa's Deadliest**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181

7.00 AM **Spontaneous Combustion: Investigation X**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Documentary.
1.00 PM **NASA's Unexplained Files**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Spontaneous Combustion: Investigation X** An investigation into the phenomenon in humans.
9.00 **Paranormal Declassified**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** Henry Cole rolls into the Coral Bay area of Australia.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **999 Rescue Squad**
5.00 PM **Doctor Who**
8.25 **Doctor Who** *The Planet of the Spiders – Part One:* 21/26. While the Doctor investigates ESP, Sarah is invited to look into some strange goings on at a meditation centre. **9.00** *The Planet of the Spiders – Part Two:* 22/26. Lupton forms an alliance with the spider to steal the Doctor's blue crystal. **9.35** *The Planet of the Spiders – Part Three:* 23/26. Sarah and the Doctor retrieve the crystal from the meditation centre. **10.05** *The Planet of the Spiders – Part Four:* 24/26. Sarah is captured by the spiders. **10.40** *The Planet of the Spiders – Part Five:* 25/26. The Doctor encounters the Great One. **11.15** *The Planet of the Spiders – Part Six:* 26/26. The Doctor tries to return the crystal to the Great One – but first he must evade Barnes and his men. (S11)
11.50 PM **to 6.00** AM **Doctor Who**

+1hour 266 376

ID

154 140 166

8.00 AM **Mother, May I Murder?**
9.00 **Faking It: Tears of a Crime**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland**
1.00 PM **Faking It: Tears of a Crime**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Killer Unknown**
7.00 **Murder Under the Friday Night Lights** The murder of a teen cheerleader shocks a small suburban town. **8.00** When a football coach vanished, police found themselves investigating a secret betting ring. A chain of clues led them to one gambler who could not pay up.
9.00 **Road Rage** A mother defends her child from a group of bikers. **9.30** A group of women get into a huge brawl in Florida.
10.00 **Good Cop, Bad Cop**
11.00 **Real Time Crime**
12.00 M'T **Britain's Deadliest Kids**
2.00 AM **Killer Unknown**
4.00 **to 6.00** AM **Murder Under the Friday Night Lights**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Sewer Divers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried: Classic Cars**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Vintage Voltage**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Sewer Divers**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried: Classic Cars**
8.00 **Roadworthy Rescues** Derek heads to Alabama in search of a Bandit replica.
9.00 **Mud Madness**
10.00 **Sewer Divers**
11.00 **Wheeler Dealers World Tour**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** Richard redesigns his horsebox into an RV for the Cog racing team.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **Xeno** Fantasy adventure. (2025, 15, 103min) ★★★
8.20 **Prisoner of War** As 3.25am.
10.25 **The Naked Gun** As 8.00pm.
12.05 PM **The Cut** As 9.40pm.
1.55 **The Ballad of Wallis Island** Comedy drama with Tim Key. (2025, 12, 100min) ★★★★
3.40 **Borderline** Comedy thriller. (2025, 15, 94min) ★★★
5.25 **Nuremberg** Thriller with Rami Malek and Russell Crowe. (2025, 15, 148min) ★★★★★

11.30 The Toxic Avenger

8.00 The Naked Gun Comedy reboot starring Liam Neeson. Following in the footsteps of his father, Frank Drebin Jr must save his police department by cracking a murder case. (2025, 15, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 The Cut Psychological thriller starring Orlando Bloom. A retired boxer returns to the ring for one last shot at the title, but must embark on an illegal weight cut programme first. With John Turturro. (2024, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Toxic Avenger** Horror comedy with Peter Dinklage. (2023, 18, 102min) ★★★
1.20 AM **Cookster: The Darkest Days** Drama starring Craige Middleburg. (2024, 15, 119min)
3.25 **Prisoner of War** Action thriller. (2025, 15, 112min) ★★★
5.30 **to 7.05** AM **Super Charlie** Animation. (2025, PG, 82min)

Sky Cinema Buddy Films

303 303 403 503 517

6.45 AM **Big Daddy** As 4.35am.
8.20 **Napoleon Dynamite** Comedy. (2004, PG, 95min) ★★★★
9.55 **The Blues Brothers** Comedy. (1980, 15, 135min) ★★★★★
12.10 PM **Trading Places** Comedy. (1983, 15, 116min) ★★★★★
2.10 **Planes, Trains and Automobiles** Comedy. (1987, 15, 92min) ★★★★★
3.45 **White Chicks** (2004, 15) ★
5.45 **Sherlock Holmes** Adventure. (2009, 12, 128min) ★★★★

5.45 Sherlock Holmes

8.00 Sherlock Holmes: A Game of Shadows Action adventure sequel starring Robert Downey Jr. Sherlock Holmes and Dr Watson strive to thwart Professor Moriarty, the evil genius behind a wave of assassinations and bombings across Europe. (2011, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 American Reunion Comedy sequel starring Jason Biggs. The group of friends get together some 13 years after leaving high school. (2012, 15, 108min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **E.T. The Extra Terrestrial** Steven Spielberg's fantasy. (1982, U, 114min) ★★★★★
2.10 **48 Hrs** Action comedy thriller. (1982, 15, 97min) ★★★★★
3.50 **Sky Cinema Preview**
4.35 **to 6.10** AM **Big Daddy** Comedy with Adam Sandler. (1999, 12, 95min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.20 AM **Love Story** As 2.20pm.
8.05 **The Breakfast Club** As 4.05pm.
9.45 **Molly's Game** As 8.00pm.
12.05 PM **Legends of the Fall** Drama. (1994, 15, 133min) ★★★★
2.20 **Love Story** Romantic weepie. (1970, PG, 100min) ★★★★
4.05 **The Breakfast Club** Comedy drama. (1984, 15, 97min) ★★★★
5.45 **The Bodyguard** Romantic thriller. (1992, 15, 129min) ★★★

8.00 Molly's Game Fact-based drama about Molly Bloom, a skier who ran the world's most exclusive high-stakes poker game and became an FBI target. Stars Jessica Chastain and Idris Elba. (2017, 15, 137min) ★★★★
10.25 **Fifty Shades of Grey** Erotic drama based on EL James' bestseller, starring Jamie Dornan and Dakota Johnson. A naive young literature student begins an affair with a mysterious billionaire. (2015, 18, 120min) ★★

12.35 AM **Fifty Shades Darker** Erotic drama sequel starring Dakota Johnson. (2017, 18, 118min) ★
2.40 **Fifty Shades Freed** Erotic drama sequel. (2018, 18, 105min) ★
4.35 **to 6.35** AM **Burning an Illusion** Drama with Cassie McFarlane. (1981, 15, 103min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.35 AM **The Ritual** Horror with Rafe Spall. (2017, 15, 94min) ★★★.
8.25 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★
11.00 **Dune: Part Two** Sci-fi drama. (2024, 12, 166min) ★★★★★
1.55 PM **The Accursed** Horror. (2022, 15, 90min) ★★
3.50 **A Quiet Place** Horror with Emily Blunt. (2018, 15, 90min) ★★★★

5.35 **Pacific Rim** Epic sci-fi action movie. (2013, 12, 126min) ★★★
8.00 **Sinners** Horror thriller starring Michael B Jordan. Twin brothers return to their hometown to start over, and find a dark force waiting to welcome them back. (2025, 15, 132min) ★★★★
10.25 **Blade** Action adventure chiller starring Wesley Snipes as the half-human, half-vampire warrior Blade. (1998, 18, 121min) ★★★
12.30 AM **Abigail** Horror thriller. (2024, 18, 105min) ★★★★

2.25 **The Damned** Horror mystery starring Odessa Young. (2024, 15, 89min) ★★★★
4.00 **I.S.S** Sci-fi drama with Ariana DeBose and Chris Messina. (2023, 15, 95min) ★★★
5.45 **to 7.35** AM **The Front Room** Thriller. (2024, 15, 94min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.00 AM **Oliver!** As 1.50am.
8.35 **Harold and the Purple Crayon** Adventure. (2024, PG) ★★★
10.15 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
12.30 PM **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG) ★★★★
2.25 **Spy Kids 2: Island of Lost Dreams** (2002, U) ★★★★
4.20 **Paul Blart: Mall Cop** Comedy. (2009, PG, 91min) ★
6.00 **Matilda** (1996, PG) ★★★★

9.45 The Smurfs 2

7.50 **The Smurfs** Adventure with Neil Patrick Harris. The Smurfs are sucked into a magic portal that takes them from their hidden world and lands them in Manhattan. (2011, U, 103min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

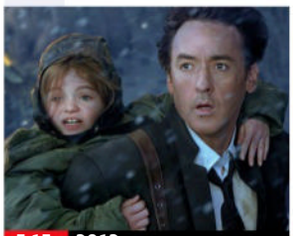
9.45 **The Smurfs 2** Family adventure sequel starring Hank Azaria and Neil Patrick Harris. The Smurfs and their human friends dash around Paris to thwart an evil wizard. (2013, U, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Karate Kid Part II** Adventure sequel with Ralph Macchio and Noriyuki 'Pat' Morita. (1986, PG, 113min) ★★
1.50 AM **Oliver!** Oscar-winning musical starring Mark Lester, Ron Moody and Oliver Reed. (1968, U, 146min) ★★★★★
4.25 **to 6.20** AM **The Tiger Rising** Drama starring Dennis Quaid. (2022, PG, 102min) ★★★

Sky Cinema Action

307 307 407 507 521

6.25 AM **The Cinema List: Brit Hits**
6.40 **Long Gone Heroes** Thriller. (2024, 15, 101min) ★★★
8.35 **Rampage** (2018, 12) ★★★
10.35 **Jackie Chan's First Strike** Thriller. (1996, 12, 83min) ★★
12.10 PM **Mad Max: Fury Road** Thriller. (2015, 15) ★★★★★
2.20 **Mission: Impossible – The Final Reckoning** Thriller. (2024, 12, 169min) ★★★
5.15 **2012** Epic disaster movie. (2009, 12, 158min) ★★★



5.15 2012

8.00 **Jurassic Park** Steven Spielberg's thriller starring Sam Neill, Laura Dern, Jeff Goldblum and Richard Attenborough. A billionaire showman creates an island leisure park populated by genetically engineered – and very dangerous – dinosaurs. (1993, PG, 127min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Man of Steel** Fantasy exploring the origins of the iconic DC Comics character Superman, starring Henry Cavill. (2013, 12, 143min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Bad Boys: Ride or Die** Action comedy adventure. (2024, 15, 115min) ★★★
2.45 **Rumble in the Bronx** Action comedy starring Jackie Chan. (1996, 15, 89min) ★★★
4.30 **to 6.25** AM **High Plains Drifter** Clint Eastwood's Western. (1972, 18, 105min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **Jackass Presents: Bad Grandpa .5** (2014, 15) ★★
8.30 **Code 3** Action comedy. (2025, 15, 104min) ★★★★
10.20 **Role Models** Comedy. (2008, 15, 99min) ★★★★
12.05 PM **School of Rock** Comedy. (2003, PG, 109min) ★★★★
2.00 **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
4.05 **Just Go With It** (2011, 12) ★
6.05 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★

10.00 American Pie 2

8.00 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel starring Sandra Bullock. FBI agent Gracie Hart becomes a media celebrity, until the kidnapping of Miss United States reawakens her crime-fighting instincts. (2005, 12, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **American Pie 2** Teen comedy sequel starring Jason Biggs. Four friends rent a lakeside house for the summer. (2001, 15, 106min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **The 40-Year-Old Virgin** Comedy starring Steve Carell. (2005, 15, 116min) ★★★★
1.50 AM **Daddy's Home 2** Comedy. (2017, 12, 100min) ★★★
3.35 **Jackass: The Movie** Slapstick comedy. (2002, 18, 87min) ★
5.05 **to 6.45** AM **Dumb and Dumberer: When Harry Met Lloyd** Comedy prequel. (2003, 12, 85min) ★

Sky Cinema Thriller

309 309 409 509 523

7.00 AM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
9.25 **Split** M Night Shyamalan's thriller. (2016, 15, 117min) ★★★
11.25 **The Towering Inferno** Disaster drama. (1974, 12) ★★★★
2.10 PM **The Alto Knights** Drama. (2024, 15, 123min) ★★★
4.15 **Jaws 2** Thriller sequel. (1978, PG, 115min) ★★★
6.15 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★

6.15 Jaws 3

8.00 **Ocean's Eight** Crime caper starring Sandra Bullock. Following in the footsteps of brother Danny, light-fingered Debbie Ocean plans a complex heist. With Cate Blanchett, Mindy Kaling and Anne Hathaway. (2018, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Collateral** Crime thriller starring Tom Cruise and Jamie Foxx. A ruthless contract killer chooses an unwilling LA taxi driver to act as his chauffeur while he performs five hits in a single night for a drugs cartel. (2004, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **True Romance** Thriller. (1993, 18, 118min) ★★★★
2.25 **Ruthless** Action thriller. (2023, 15, 92min) ★★★
4.10 **to 6.00** AM **Last Seen Alive** Thriller starring Gerard Butler. (2022, 15, 95min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Shepherd of the Hills** Western drama. (1941, PG, 98min) ★★
1.05 PM **The Mouse That Roared** Comedy starring Peter Sellers. (1959, U, 85min) ★★★★
2.45 **They Rode West** Western. (1954, U, 97min) ★★
4.25 **Shenandoah** Western. (1965, PG, 101min) ★★★★
6.35 **Oblivion** Epic sci-fi adventure. (2013, 12, 119min) ★★★★

9.00 Beau Is Afraid

Oblivion (film started at 6.35pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Beau Is Afraid** Horror comedy starring Joaquin Phoenix, Nathan Lane and Amy Ryan. An anxiety-ridden man is forced to confront his deepest fears when travelling home to get to his mother. (2023, 15, 179min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

12.40 **to 3.30** AM **Public Enemies** Gangster biopic starring Johnny Depp as 1930s bank robber John Dillinger, whose freewheeling crime spree across America's Midwest during the Depression turned him into a folk hero. With Christian Bale, Marion Cotillard and Billy Crudup. (2009, 15, 140min) ★★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Valentines

302 302 402 502 516

7.15 AM **Hope Springs** As 2.40pm.
8.55 **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
11.00 **13 Going on 30** Comedy. (2004, 12, 98min) ★★★
12.40 PM **How to Lose a Guy in 10 Days** Romantic comedy. (2003, 12, 116min) ★★★
2.40 **Hope Springs** Romantic comedy drama starring Meryl Streep. (2012, 12, 98min) ★★★
4.25 **Sweethearts** Comedy. (2024, 15, 94min) ★★★
6.10 **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★
8.00 **Two Weeks Notice** Comedy with Sandra Bullock and Hugh Grant. (2002, 12, 101min) ★★★
9.45 **Valentine's Day** Romantic comedy with Ashton Kutcher, Julia Roberts and Jennifer Garner. (2010, 12, 125min) ★★★
11.55 **Tootsie** Comedy starring Dustin Hoffman and Jessica Lange. (1982, 15, 116min) ★★★★
1.55 AM **Risky Business** Comedy drama starring Tom Cruise and Rebecca De Mornay. (1983, 18, 98min) ★★★★
3.50 **Alfie** As shown at 6.10pm.
5.50 **to 8.15** AM **Jerry Maguire** Comedy drama with Tom Cruise. (1996, 15, 139min) ★★★★

Sky Cinema Greats

304 304 404 504 518

7.35 AM **Dog Day Afternoon** (1975)
9.45 **Dirty Harry** Police thriller. (1971, 15, 103min) ★★★★★
11.40 **Breakdown** Suspense thriller. , 15, 94min) ★★★★
1.25 PM **Dog Day Afternoon** Sidney Lumet's tragi-comic thriller. (1975, 15, 130min) ★★★★★
3.35 **Twister** Disaster movie starring Helen Hunt and Bill Paxton. (1996, PG, 114min) ★★★
5.35 **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. (1991, PG, 138min) ★★
8.00 **The Godfather** Francis Ford Coppola's classic gangster saga of a Mafia family engaged in bloody war with rival crime families. Stars Marlon Brando, Al Pacino and James Caan. (1971, 15, 167min) ★★★★★
10.55 **The Godfather Part II** Francis Ford Coppola's epic gangster sequel starring Al Pacino. (1974, 18, 200min) ★★★★★
2.15 AM **The Godfather Part III** Concluding chapter of Francis Ford Coppola's grand gangster epic starring Al Pacino, Diane Keaton and Andy Garcia. (1990, 15, 162min) ★★★★
5.15 **Sky Cinema Preview**
5.55 **to 7.40** AM **Breakdown** (1997)

Sky Cinema Animation

305 305 412 500 514

7.20 AM **Lego DC Comics Super Heroes: The Flash** As 11.20pm.
8.55 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
10.40 **Spider-Man: Into the Spider-Verse** Animation with the voice of Shameik Moore. (2018, PG, 117min) ★★★★★
12.50 PM **Batman Unlimited: Animal Instincts** Animated adventure. (2015, PG, 74min) ★★
2.20 **The Pirates! In an Adventure with Scientists** Animation. (2012, U, 87min) ★★★★
4.00 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
6.00 **Flushed Away** Animation. (2006, U, 85min) ★★★★
7.35 **Rango** Animated western. (2011, PG, 103min) ★★★★
9.35 **Noah's Ark** Animation. (2024, U, 96min) ★★★
11.20 **Lego DC Comics Super Heroes: The Flash** (2018, U) ★★★
12.50 AM **The Inseparables** Animated adventure. (2023, U) ★★★
2.30 **Rebellious** (2024, PG) ★★★
4.15 **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** (2021) ★★★
5.45 **to 7.25** AM **The Canterville Ghost** Animation. (2023, PG) ★★

Movies 24

312 313 419

7.00 AM **Betty's Bad Luck In Love** Comedy. (2024, PG, 84min) ★★
9.00 **CrimeTime: Freefall** Mystery drama. (2024, PG, 90min) ★★
11.00 **An American in Austen** Romantic comedy drama. (2024, PG, 84min) ★★
1.00 PM **Field Day** Comedy. (2023, PG, 84min) ★★
3.00 **The Gift of Peace** Drama. (2022, PG, 84min) ★★
5.00 **The Marry Me Pact** Romantic comedy. (2023, PG, 88min) ★★
7.00 **The Attraction Test** Romantic comedy starring Tara Wilson. (2022, PG, 85min) ★★
9.00 **The Story of Love** Romantic comedy with Brittany Bristow and Franco Lo Presti. A romance novelist joins a writers retreat, where the owner of the hotel shows her the beauty of nature. (2022, PG, 91min) ★★
11.00 **Fourth Down and Love** Drama. (2023, PG, 90min) ★★
1.00 AM **Love and the Radio Star** Romantic comedy drama. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **Heart of the Manor** Romantic comedy. (2021, PG, 85min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Scarlet Web** Mystery. (1954, b/w, PG, 63min) ★
7.15 **Once In a New Moon** Sci-fi. (1935, b/w, U, 79min) ★★★
8.30 **The Durant Affair** Drama. (1962, b/w, U, 73min) ★★★
9.50 **Room to Let** Macabre thriller. (1949, b/w, PG, 70min) ★★
11.10 **The Dark Light** Thriller starring Albert Lieven and David Greene. (1951, b/w, PG, 70min) ★
12.30 PM **The Stars Look Down** Drama with Michael Redgrave. (1939, b/w, PG, 110min) ★★★
2.25 **The Brothers** 8/16. (S7)
3.30 **Dial 999** 12/39. (S1)
4.00 **Doctor at Sea** Comedy. (1955, PG, 93min) ★★★
5.50 **No Trace** Thriller starring Hugh Sinclair and Dinah Sheridan. (1950, b/w, PG, 79min) ★★
7.25 **Scotland Yard** 19/39. (S1)
8.00 **Van der Valk** 1/3. (S5)
10.10 **Count Dracula** 2/2. Adaptation of Bram Stoker's horror novel.
11.50 **We Were Strangers** Adventure. (1949, b/w, PG, 106min) ★★★
2.00 AM **A Line in the Sand** 1&2/2. Thriller starring Ross Kemp.
4.05 **Tread Softly** Crime thriller. (1952, b/w, PG, 70min) ★★★
5.35 **to 6.00** AM **A Lifetime Ago with The Baim Collection**

Wednesday

Sky Sports Main Event

401 401 511 501 419 439

6.30 AM **Sky Sports News**
7.00 LIVE **ICC Under-19s World Cup Cricket** Coverage of the second semi-final from Harare Sports Club in Zimbabwe.
3.00 PM LIVE **WTA & ATP Tennis** Coverage of the Tours, including the WTA Abu Dhabi Open, WTA Ostrava Open, WTA Cluj Open and ATP Montpellier Open.
5.00 **The Premier League Show**
7.00 **Sports Centre** A round-up of the sports news with analysis and comments, plus interviews.
7.30 LIVE **EFL Cup Manchester City v Newcastle United.** Coverage of the semi-final second-leg at the Etihad Stadium. The hosts currently hold a 2-0 lead in this tie thanks to victory in the first leg at St. James' Park. Antoine Semenyo opened the scoring for Pep Guardiola's team before Rayan Cherki sealed the win. Kick-off **8.00pm**.
10.45 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 **Sky Sports News**
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **Sky Sports FC**
12.00 NOON **Premier League Years** A look at the 2018/19 season.
2.00 PM **PL Retro** Liverpool v Manchester City from 2013/14.
4.00 **Premier League Review**
5.00 **The Premier League Show**
7.00 **Premier League Stories** Behind the scenes of the Premier League.
7.30 **Netbusters** Recent action.
8.00 **Premier League Highlights** Brighton & Hove Albion v Everton. **8.30** Highlights from Leeds United v Arsenal at Elland Road. **9.00** Action from Wolverhampton Wanderers v Bournemouth.
9.30 **SNF** Chelsea v West Ham United staged at Stamford Bridge.
10.00 **Premier League Highlights** Action from Aston Villa v Brentford held at Villa Park. **10.30** Highlights of Nottingham Forest v Crystal Palace.
11.00 **Premier League Years** Clips from the 1993/94 season.
1.00 AM **PL Retro** A replay of Liverpool v Chelsea from 2013.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2020 final.
11.00 **EFL Cup Highlights**
11.30 **EFL Trophy** Archive action.
12.00 NOON **EFL Cup** Arsenal v Chelsea.
2.00 PM **EFL Greatest Games**
2.15 **SPFL Highlights**
2.30 **EFL Highlights**
3.30 **EFL League One Goals**
4.00 **EFL League Two Goals**
4.30 **SPFL Highlights**
5.00 **EFL Highlights**
5.45 **EFL Cup Highlights**
6.45 **SPFL Highlights**
7.00 LIVE **SPFL Aberdeen v Celtic.** Coverage of the Scottish Premiership match staged at Pittodrie. Celtic have won the previous two meetings between the sides including a 3-1 victory at home just before Christmas. Kick-off **8.00pm**.
10.30 **SPFL Highlights**
10.45 **EFL Highlights** Championship.
11.00 **EFL Cup Highlights**
11.30 **EFL Highlights**
12.00 M'T **EFL Cup Highlights**
12.30 AM **EFL** The 2013/14 play-offs.
3.30 **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **ICC Under-19s World Cup Cricket** The first semi-final.
7.00 LIVE **ICC Under-19s World Cup Cricket** Coverage of the second semi-final from Harare Sports Club in Zimbabwe.
3.00 PM **Best of ICC WT20**
3.30 **Best of England v South Africa**
3.45 **Best of ICC WT20**
4.00 **ICC Under-19s World Cup Cricket** Action from the first semi-final at Queens Sports Club.
5.00 **WPL** Highlights of the eliminator match from Vadodara. **6.00** Highlights from Gujarat Giants v Mumbai Indians.
7.00 **ICC Under-19s World Cup Cricket** The second semi-final. **8.00** The first semi-final. **9.00** The second semi-final.
10.00 **WPL** Action from the eliminator match held at Baroda Cricket Association Stadium in Vadodara.
11.00 **ICC Under-19s World Cup Cricket** Action from the first semi-final at Queens Sports Club.
12.00 M'T **WPL** The eliminator match.
3.30 AM **Best of England v South Africa** Action from 2011.
3.45 **Best of ICC WT20**
4.00 **to 6.00** AM **WPL**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **LPGA Tour Golf**
8.00 **PGA Tour Golf** Highlights.
9.00 LIVE **Golf** Coverage of the first day of the African Amateur Championship held at Royal Johannesburg. This is just the third edition of this event after its inaugural tournament in 2024, with South Africans Altin van der Merwe and Bryan Newman succeeding in the last two years.
12.00 NOON **LPGA Tour Golf**
2.00 PM **The Big 5 Roundtable**
4.00 **LPGA Tour Golf**
6.00 **PGA Tour Champions**
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf**
8.00 **PGA Tour Golf** Highlights.
9.00 **Beyond the Scorecard**
9.30 **TGL** Atlanta Drive Golf Club v Jupiter Links Golf Club.
11.30 **Ryder Cup – Official Films**
12.30 AM **Beyond the Scorecard**
1.00 **PGA Tour Golf**
3.00 **The Open – Official Films**
4.00 **PGA Tour Golf**
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA & ATP Tennis**
9.00 LIVE **WTA & ATP Tennis** Coverage of the Tours, featuring the WTA Abu Dhabi Open at Zayed Sports City International Tennis Centre, WTA Ostrava Open at Ostravar Aréna, WTA Cluj Open at BTarena, and ATP Montpellier Open at the Sud de France Arena.
9.30 PM **ATP Tennis** Paris Masters.
9.45 **WTA Tennis** Wuhan Open final.
10.00 **ATP Tour This Week**
10.30 **United Cup Tennis** The final.
12.30 AM **ATP Tour This Week**
1.00 **ATP/WTA Tour Classic Matches**
2.00 **WTA & ATP Tennis** Highlights.
3.00 **ATP/WTA Tour Classic Matches**
4.00 **to 6.00** AM **United Cup Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **German Masters Snooker**
8.00 **Ninja A-League Women Highlights** The 14th round.
8.30 LIVE **A-League Women Sydney FC v Brisbane Roar.** Coverage of the match held at Leichardt Oval. Kick-off **8.30am**.
10.30 **Isuzu UTE A-League Highlights**
11.00 **Serie A** Action from Italy.
1.00 PM **International T20 Cricket Highlights** Sri Lanka v England.
2.00 LIVE **LIV Golf** Coverage from the first day of the first round of the season at Riyadh Golf Club.
8.30 **Premier League Stories** A round-up of top flight news.
9.00 **Premier League Review** A look back at the latest matches, featuring Leeds United v Arsenal.
10.00 **International T20 Cricket Highlights** Sri Lanka v England: Action from the third and final T20 in the series from Pallekele International Cricket Stadium.
11.00 **UFC** A replay of Alexander Volkanovski v Diego Lopes.
2.00 AM **German Masters Snooker** Action from the seventh day.
4.00 **Cyclocross** From Belgium.
5.00 **to 6.00** AM **Men's Cycling Pro Series**

TNT Sports 2

411 414 522 409 431

6.00 AM **Crouchy and Cole**
6.15 **Winter Olympic Games**
6.45 **The Monuments**
9.15 **Livigno: Oltre la Neve**
10.15 LIVE **Winter Olympic Games: Alpine Skiing** Day one of the men's downhill training at Stelvio Ski Centre in Bormio. *See feature, pages 27-35.*
12.30 PM **Winter Olympic Games**
1.00 **The Monuments**
3.30 **Original Documentary**
6.00 LIVE **Winter Olympic Games: Curling Great Britain v Norway.** Coverage of the match from the round robin stage of the mixed doubles event held at Cortina Curling Olympic Stadium.
8.00 **Winter Olympic Games**
8.30 **The Monuments**
11.00 **Winter Olympic Games – Curling** Great Britain v Norway.
12.00 M'T **Keep Calm and Slalom**
1.30 AM **Winter Olympic Games**
2.00 **Winter Olympic Games – Curling** Great Britain v Norway.
3.00 **She Who Dares** Documentary.
4.00 **Livigno: Oltre la Neve**
5.00 **to 6.00** AM **Winter Olympic Games – Curling**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **Super Bowl LV Highlights**
8.00 **NFL: America's Game**
9.00 **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights** Action from Denver Broncos v Buffalo Bills.
12.00 NOON **NFL: America's Game** The story of the Los Angeles Rams 2022 Super Bowl success.
1.00 PM **Good Morning Football**
3.00 **NFL: America's Game** A look at the Kansas City Chiefs road to Super Bowl success in 2022/23.
4.00 **Super Bowl LV Highlights** Tampa Bay Buccaneers v Kansas City Chiefs from 2020/21.
5.00 **NFL: America's Game** The story of Seattle Seahawks' 2013 Super Bowl success at MetLife Stadium.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show.
8.00 **Super Bowl LVIII Highlights** San Francisco 49ers v Kansas City Chiefs from the 2023/24 season.
10.00 **Super Bowl Live** A first round of interviews with people involved in the NFL's showpiece match.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super Bowl LV Highlights**
3.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.30 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 LIVE **WTA & ATP Tennis** Coverage includes the WTA Abu Dhabi Open, WTA Ostrava Open, WTA Cluj Open and ATP Montpellier Open.
5.00 PM LIVE **WTA & ATP Tennis** Continued coverage of the Tours, featuring the WTA Abu Dhabi Open at Zayed Sports City International Tennis Centre, WTA Ostrava Open from Ostravar Aréna, WTA Cluj Open at BTarena, and ATP Montpellier Open staged at the Sud de France Arena.
9.30 **Sports Centre**
10.00 **Sky Sports News** A round-up of the day's sports news, featuring interviews and highlights.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
1.00 AM **The Open** The fourth day of the Major held at Royal Portrush Golf Club in County Antrim.
2.00 **PGA Tour Golf** Highlights from the 2017 Sony Open in Hawaii. **3.00** Highlights from the 2018 Sony Open in Hawaii. **4.00** The 2019 Sony Open.
5.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **WPL** The eliminator match.
8.00 **Super League** Leeds v Hull KR.
10.45 **PL Greatest Games** 2006.
11.00 **ATP/WTA Tour Classics**
1.00 PM **WPL** The eliminator match.
2.00 **PL Greatest Games**
3.00 **Super Bowl LV Highlights**
5.00 **WPL** The eliminator match.
6.00 **NBA Basketball** Dallas Mavericks v Boston Celtics.
8.00 **NBA on Fire** The latest news.
8.30 **PL Greatest Games**
9.00 **NRL** Melbourne Storm v Brisbane Broncos in the Grand Final.
10.00 **NRLW** The Grand Final.
11.00 **Women's State of Origin**
12.00 M'T **PL Greatest Games**
1.00 AM **Formula 1** Highlights.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **ATP & WTA Tour**

TNT Sports 3

413 415 523 410 432

6.00 AM **Football** Highlights.
8.30 LIVE **A-League Women Sydney FC v Brisbane Roar.**
10.30 **International T20 Cricket**
11.30 **Premier League Reload**
11.45 **Cyclocross** In Hulst, Netherlands.
12.45 PM LIVE **Cyclocross** In Belgium.
2.30 LIVE **Men's Cycling Pro Series** The Tour of Valencia first stage.
4.00 LIVE **UEC Track Cycling Elite European Championship** The fourth day in Konya, Turkey.
7.00 **Serie A – Full Impact**
7.30 **TNT Sports Reload**
8.00 **Ultimate Pool** Recent action.
9.30 **Cyclocross** From Maldegem.
10.30 **Men's Cycling Pro Series**
11.30 **Serie A – Full Impact**
12.00 M'T **A-League Highlights**
1.00 AM **UEFA Europa League & Conference League Magazine**
2.00 **Football** Highlights and news.
5.00 **to 6.00** AM LIVE **Snooker World Grand Prix** Coverage of day three held at Kai Tak Arena.

TNT Sports 4

414 416 524 411 434

6.00 AM **International T20 Cricket**
11.00 **UEFA Champions League**
11.30 **Premier League Reload**
11.45 **Cyclocross** In Hulst, Netherlands.
12.45 PM LIVE **Cyclocross** Coverage of the women's exact cross event staged in Maldegem, Belgium.
2.00 **UEFA Europa League & Conference League Magazine**
3.00 LIVE **UEFA Youth League HJK Helsinki v Manchester City.** Coverage of the round-of-32 match from Helsinki Football Stadium. Kick-off **3.00pm**.
5.00 LIVE **UEFA Youth League Real Betis v Tottenham Hotspur.** The round-of-32 match staged at Ciudad Deportiva Luis del Sol. Kick-off **5.00pm**.
7.00 **FEI Jumping World Cup**
8.00 **Isuzu UTE A-League**
2.00 AM **Premiership Women's Rugby** Recent highlights.
3.00 **PREM Rugby Cup**
4.00 **to 6.00** AM **T20 Super Smash**

Premier Sports 1

419 551

6.00 AM **United Rugby Championship**
8.00 **NHL Ice Hockey**
10.00 **Top 14 Rugby Union Highlights**
10.30 **United Rugby Championship**
12.30 PM **Scottish Football**
1.30 **LaLiga Match Highlights**
2.00 **NHL on the Fly**
3.00 **Top 14 Rugby Union Highlights**
3.30 **URC in 60** Recent action.
4.30 **Eredivisie Highlights**
5.30 **LaLiga** Levante v Atlético Madrid.
7.25 **Coppa Italia Show**
7.55 LIVE **Coppa Italia Inter Milan v Torino.** From the San Siro. Kick-off **8.00pm**.
10.15 **LaLiga Match Highlights**
10.55 LIVE **Brasileiro Serie A Santos v Sao Paulo.** Kick-off **11.00pm**.
1.00 AM **Women's Football Weekly**
1.30 **NHL Specials** Florida Panthers.
2.00 LIVE **NHL Ice Hockey Colorado Avalanche v San Jose Sharks.** Face-off **2.00am**.
5.00 **to 6.00** AM **NHL Ice Hockey**

Premier Sports 2

420 552

6.00 AM **NHL: This is Hockey**
6.30 **NHL Tonight** Top 20 centers.
7.30 **LaLiga** Real Betis v Valencia.
9.30 **Football's Greatest**
10.00 **NHL Ice Hockey**
12.00 NOON **Eredivisie**
2.00 PM **Bike World** Magazine.
2.30 **LaLiga** Real Madrid v Vallecano.
4.30 **Football's Greatest**
5.00 **Top 14 Rugby Union** A replay of Montpellier v Stade Francais. **7.00** Montauban v Bordeaux.
8.55 **Temples of Sport**
9.55 **Football's Greatest**
10.55 LIVE **Brasileiro Serie A Santos v Sao Paulo.** Coverage of the match from Estádio Urbano Caldeira. Kick-off **11.00pm**.
1.00 AM **Football's Greatest**
1.30 **NHL: This is Hockey**
2.00 LIVE **NHL Ice Hockey Colorado Avalanche v San Jose Sharks.** The Western Conference match. Face-off **2.00am**.
5.00 **to 6.00** AM **NHL Ice Hockey**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **Formula 1**
10.20 **The Story of the 2025 Season**
10.30 **Ted's Notebook**
11.00 **The F1 Show**
12.00 NOON **Formula 1**
2.10 PM **F1 Explained: Driver Cooling**
2.15 **Toleman Story** Documentary.
3.00 **Formula 1** A chance to see the 2025 Mexico City Grand Prix.
7.45 **Carlos Sainz & the Lie Detector**
8.00 **Willy T. Ribbs Motorsport's Black Pioneer** A profile.
9.00 **Formula 1** Highlights of the 2025 Mexico City Grand Prix. **10.00** The 2025 São Paulo GP. **11.00** The 2025 Las Vegas GP.
12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

5 February

Evening Planner

Rugby Union

Six Nations
ITV1, kick-off 8.10pm
Defending champions France kick off the new campaign against triple crown winners Ireland at the Stade de France.

Crime Drama

FBI
Sky Witness, 9pm
As the police procedural drama returns, a federal judge has gone missing, and the ensuing investigation leads to tragedy.

OnDemand

NETFLIX

The Lincoln Lawyer
Available today
Mickey (Manuel Garcia-Rulfo) has to fight to clear his name, as the legal drama returns for a fourth season.

OnDemand

NETFLIX

Cash Queens
Available today
French drama about a group of women who plan an armed bank robbery – but the authorities are soon on their tail.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Dragons' Den		9.00 The Apprentice		10.00 News; Local News	
	102 BBC2	7.00 Clive Myrie's...	7.30 The Real...	8.00 Digging for Britain		9.00 Spotlight: I Am Not Okay		10.00 Apprentice...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.20 Rugby Union: Six Nations – Live: France v Ireland (Kick-off 8.10)						10.35 News
	104 CHANNEL 4	7.00 News		8.00 George Clarke's Building Home		9.00 Michael Jackson: The Trial		10.00 24 Hours in A&E	
	105 5	7.00 The Underground Map of Britain		8.00 Spain with Michael Portillo		9.00 Ben Fogle: New Lives in the Wild		10.00 A Killer Makes a Call: The Canterbury...	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Rob & Romesh vs the NFL		9.00 Never Mind the Buzzcocks			
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Deadly 60	8.00 Top Gear Winter Olympics Special		9.00 Sin City: The Real Las Vegas			10.30 Film: Get Out
	116 BBC4	7.00 Great British...	7.30 Coastal Path	8.00 Film: The Man Who Would Be King				10.05 Sean Connery: Talking Pictures	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Piglets	10.35 Family Guy
	136 MORE4	‹ 6.55 Car S.O.S.		7.55 The Dog House		9.00 24 Hours in A&E		10.00 24 Hours in Police Custody	
	135 E4	7.00 The Simpsons		8.00 First Dates		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 FBI		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 The Last of Us		10.05 A Knight of the Seven Kingdoms	
	110 U&GOLD		7.20 Dad's Army	8.00 Only Fools and Horses				10.00 Not Going Out	10.40 Only...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	7.00 River Monsters		8.00 Junk & Disorderly		9.00 Ice Road Truckers		10.00 World...	10.20 Ligue 1 Highlights
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Nine to Five			
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld		10.10 The Leftovers	
	113 SKY MAX		7.15 Stargate SG-1		8.15 Never Mind the Buzzcocks	9.00 Evil			
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise		9.00 Father Brown		10.00 Annika	
	124 SKY ARTS	7.00 Landscape Artist of the Year		8.00 Chaplin: The Birth of the Tramp			9.15 Film: Modern Times		
	132 U&W	7.00 My Kitchen Rules: New Zealand		8.00 Pete Wicks: For Dogs' Sake		9.00 Louis Theroux: Shooting Joe Exotic			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Marooned with Ed Stafford		10.00 In the Eye of the Storm	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Richard E Grant's Seven Deadly Sins		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Toronto Airport Uncovered		9.00 Car S.O.S.		10.00 Top Guns: The Next Generation	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Viking Dead		9.00 Ice Road Truckers		10.00 Mountain Men	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Bangers & Cash		9.00 Flipping Bangers		10.00 Bangers & Cash	
	121 SKY DOCS	7.05 The Jinx: The Life and Deaths of...		8.00 Bardot				10.00 Jealous Guy: The Assassination of...	
FILMS – Sky Cinema	301 PREMIERE	‹ 6.20 Smurfs		8.00 The Naked Gun			9.35 Prisoner of War		
	302 VALENTINES	‹ 5.50 About Time		8.00 Yesterday				10.00 You've Got Mail	
	303 BUDDY FILMS	‹ 5.55 Talladega Nights: The Ballad of...		8.00 The 40-Year-Old Virgin				10.00 Superbad	
	304 GREATS	‹ 5.40 The Fisher King		8.00 Legends of the Fall					10.15 A Clockwork Orange
	305 ANIMATION	‹ 5.50 The Angry Birds...	7.40 Hotel Transylvania				9.25 Madagascar		
	306 FAMILY	‹ 6.00 A Minecraft Movie		7.50 The Karate Kid Part II				9.50 The Karate Kid: Part III	
	307 ACTION	‹ 5.40 The Fall Guy		8.00 The Lost World: Jurassic Park					10.20 Fast & Furious...
	308 COMEDY	‹ 6.10 School of Rock		8.00 Dumb and Dumber				9.50 American Pie: The Wedding	
	309 THRILLER	‹ 6.10 Layer Cake		8.00 Speak No Evil				10.00 The Bikeriders	
	310 DRAMA	‹ 6.15 About a Boy		8.00 Joker: Folie à Deux					10.20 Anora
	311 SCI-FI	‹ 5.40 Waterworld		8.00 Van Helsing					10.20 Companion
	313 FILM4		7.10 Moon			9.00 The Pope's Exorcist			
SPORT	401 MAIN EVENT	7.00 Premier League Darts – Live: Coverage from round one in Newcastle							
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Transfer 360		9.00 Big Interview	9.30 PL Stories	10.00 Transfer 360	
	403 FOOTBALL	7.00 EFL Goals	7.30 EFL – Live: Accrington Stanley v Salford City (Kick-off 8.00)						10.30 SPFL Round-Up
	405 CRICKET	7.00 WPL				9.00 ICC Under-19s World Cup Cricket			
	410 TNT SPORTS 1	‹ 2.00 LIV Golf – Live: From Riyadh Golf Club in Saudi Arabia			8.30 Serie A – Full...	9.00 UEFA Champions League – Classics			
	411 TNT SPORTS 2	‹ 6.15 Winter Olympic Games – Snowboarding – Live				8.45 Winter Olympic Games – Ice Hockey – Live: Finland v Canada			

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain: Holidays** (S)(R)
11.15 **Homes Under the Hammer** New edition From London. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** (S)(R)
2.30 **Marcus Wareing Simply Provence** The chef presents a twist on a classic Sunday roast. (S)(R)
3.00 **Escape to the Country** (S)(R)
3.45 **Clean It, Fix It** (S)(R)
4.30 **Antiques Road Trip** New edition Searching for items in South Yorkshire and Derbyshire. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Dragons' Den

7 PM

7.00 The One Show Alex Jones and Roman Kemp present the topical show. (S)

7.30 EastEnders Denise and Kim rally around Patrick, Priya and Ravi make a move to protect Nugget, while Barney is left in distress. (S)(AD)

8 PM

8.00 Dragons' Den New edition 2/14. Former footballer Gary Neville returns to help judge pitches including skincare made from rescued food, a device that keeps golf balls spotless and spicy seasoning balls. (S)(AD)

9 PM

9.00 The Apprentice New edition 2/12. Lord Sugar tasks the candidates with creating a children's story and audiobook. (S)(AD)
■ *The Apprentice: Unfinished Business* follows on BBC2

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 Question Time Fiona Bruce presents the topical debate, inviting a panel of politicians and other guests to answer questions from the audience in Dorking, Surrey. (S)
11.40 **Newscast** A panel of journalists hosts a weekly round-up from Westminster, delivering the usual mix of serious political analysis and light-hearted gossip. (S)
12.10 AM **The Weakest Link** Contestants include Johnny Vegas, Fay Ripley and Chesney Hawkes. (S)(R)
12.55 **Would I Lie to You?** With Gyles Brandreth, Will Kirk, Tasha Ghouri and Jessica Knappett. (S)(R)
1.25 **Weather for the Week Ahead** (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.15 AM **Homes Under the Hammer** (R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
8.30 **Sign Zone: See Hear** New edition
9.00 LIVE **Winter Olympics** Great Britain v Estonia: The curling mixed doubles round-robin match. (S)
11.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Bridge of Lies** Quiz show. (S)(R)
1.45 **Unbeatable** Game show. (S)(R)
2.15 **The Boss** Quiz show. (S)(R)
3.00 **The Vintage French Farmhouse**
3.45 **Who Do You Think You Are? USA**
4.15 **Japan: Earth's Enchanted Islands**
5.15 **Flog It!** From Haddon Hall. (S)(R)
6.00 **Richard Osman's House of Games** New edition Quiz. (S)
6.30 **Clive Myrie's African Adventure** New edition 9/10. Casablanca. (S)

7.00 Clive Myrie's African Adventure

7.00 Clive Myrie's African Adventure Series finale 10/10. Clive ends his journey at the northern tip of Morocco. (S)

7.30 NEW **The Real Strictly Come Dancing: Access All Areas** Behind the scenes at the National Dance Championships.

8.00 Digging for Britain Series finale 6/6. A team look for evidence that St Michael's Mount in Cornwall was the fabled trading hub of Ictis, and two Roman cavalry swords are discovered at a metal-detecting rally in Gloucestershire. (S)(AD)

9.00 NEW **Spotlight: I Am Not Okay** Women talk to Tara Mills about the challenges of living with autistic sons who are violent towards them and whose outbursts often injure them. (S)

10.00 The Apprentice: Unfinished Business New edition Angela Scanlon and guests examine the candidates' performances. (S)
10.30 Newsnight (S)
11.05 **Mystery Road: Origin** New episode 5/6. The theft of some old files leads to a familiar face, but learning of a local rivalry gives Jay a new suspect in the shooting. (S2) (S)
12.00 M'T **Sign Zone: See Hear** (S)(R)
12.30 AM **Sign Zone: Gladiators** (S)(R)
1.30 **Sign Zone: Call the Midwife** (S)(R)
2.30 **Sign Zone: Waiting for the Out** (R)
3.15 **Sign Zone: Confessions of a Killer** Colin Howell. (S)(R)(AD)
4.15 **to 6.15** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the team are in Cirencester, where one seller is hoping to get an offer from Jan Keyne for his French watch. (S)(R)
3.00 **Time Is Money** Series finale Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Dave tries to open the 22 red boxes in the right order. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

3.00 Time Is Money

7.20 LIVE **Rugby Union: Six Nations** France v Ireland: Jill Douglas presents coverage of the opening match of this year's championship, held at Stade de France in Paris. Tonight's hosts are the reigning champions, having won four games in 2025, the same as England and this evening's opponents, but claimed one bonus point more. The French's 42-27 victory in Dublin in the fourth round of fixtures proved pivotal, but it was the Irish who prevailed 38-17 in Marseille when the sides last met in this competition on French soil in 2024. With analysis from Brian O'Driscoll, Rory Best and Benjamin Kayser, and commentary by Miles Harrison and Ben Kay. Kick-off is at 8.10. *See feature, page 36.* (S)

10.35 **ITV News** (S)
11.10 **Local News** (S)
11.20 **Regional Programmes** See Local Variations. (S)
11.50 **The Murder of Jade Ward: Social Media Murders** Exploring the murder of a 27-year-old mother of four. (S)(R)(AD)
12.40 AM **Teleshopping**
3.00 **Jimmy & Shivi's Farmhouse Breakfast** (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 1-3/26. (S8) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S11) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition In France, château owners Sharon and David host an elaborate masked ball. (S)
5.00 **Chateau DIY: Win the Dream** New edition The breakfast room challenge reaches a conclusion, with guest judges Donna and Paul Newman joining Max McMurdo. (S)
6.00 **A Place in the Sun** New edition A search for a holiday home in Haute-Vienne in France. (S)

8.00 George Clarke's Building Home

7.00 **News** (S)

8.00 NEW SERIES **George Clarke's Building Home** 1/4. The architect meets young married couple Lauren and Lee, who are hoping to restore a charming but faded old cottage in the Derbyshire village of Matlock Bath. (S)(AD)

9.00 Michael Jackson: The Trial New edition 2/4. Continuing the examination into the 2005 trial against the singer. (S)(AD)
■ Entire series on C4 Streaming

10.00 24 Hours in A&E Three pedestrians are brought in to Queen's Medical Centre following an incident in which a car mounted the pavement. The most injured patient, 18-year-old Mica, has suspected head injuries. (S)(R)(AD)
11.05 **24 Hours in A&E** Efforts are made to save a 56-year-old man's leg from amputation. (S)(R)(AD)
12.05 AM **Sky Coppers** (S)(R)(AD)
1.05 **In the Footsteps of Killers** (S)(R)
2.00 **Ramsay's Hotel Hell** (S)(SL)(R)
2.50 FILM **Name Me Lawand** Documentary. Partly subtitled. (S)(SL) (2022, PG, 95min) ★★★★
4.25 **Sunday Brunch** (S)(R)
4.40 **The Great Pottery Throw Down**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Discussion. (S)
3.00 **The Madame Blanc Mysteries** *Antique Antics:* 5/6. Tragedy strikes while a TV crew are in town. (S4) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Val prepares her Halloween disco. (S)
5.00 **News** (S)
6.00 **Love Nature** New edition 4/5. In Northern Ireland, cameras focus on a flock of red kites. (S)
6.05 **The Motorway** A Tesla smashes into the central reservation of the M62. (S)(R)
6.55 **News** (S)

9.00 New Lives in the Wild

7.00 **The Underground Map of Britain** A ride through London's tube network, mapping out the history of the underground railway system. (S)(R)
7.55 **News** (S)
8.00 **Spain with Michael Portillo** New edition 5/8. Michael visits Majorca, starting in the capital Palma. He also reveals how the beautiful town of Soller made its fortune from selling citrus fruit to the French. (S)
9.00 **Ben Fogle: New Lives in the Wild** New edition Ben heads to northern England to join Dave on a narrowboat, where he discovers how the canals offered him solace and a sense of purpose. (S)
10.00 **A Killer Makes a Call: The Canterbury Murders** A look into the murder committed and reported by Foster Christian, who claimed he was being attacked in his own home. But later, survivor statements told a different story. (S)(R)
11.05 **My Lover, My Killer** The horrific murder of a mother and daughter. (S)(R)(AD)
12.05 AM **Motorway Cops: Catching Britain's Speeders** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S2) (S)(R)(AD)
3.45 **Ice Age: A Frozen World** (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S7) (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **S.W.A.T.** 12/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *Lisa's Substitute:* Lisa develops a crush on a new supply teacher. (S)(R) **5.30** *Oh Brother, Where Art Thou?* Homer traces his long-lost half-brother. (S)(R)
6.00 **The Office (US)** 12/22. Michael burns his foot and expects the staff to work around him. (S)(R) **6.30** 13/22. Jim comes to regret telling Michael about his crush on Pam. (S2) (S)(R)

9.00 Never Mind the Buzzcocks

7.00 **The Simpsons** *The War of the Simpsons:* Homer and Marge try to save their marriage. (S)(R) **7.30** *Three Men and a Comic Book:* Bart is convinced Milhouse and Martin are trying to steal a comic. (S)(R)
8.00 **Rob & Romesh vs the NFL** Rob Beckett and Romesh Ranganathan meet and train with American football players, then get kitted up for a match in front of 80,000 people. (S)(R)(AD)
9.00 **Never Mind the Buzzcocks** Music quiz hosted by Greg Davies, with Duncan James, Bradley Simpson and Sam Campbell joining regulars Noel Fielding and Jamali Maddix and guest captain Perrie Edwards. (S)(R)(AD)
10.00 **Never Mind the Buzzcocks** DJ Target, Harriet Kemsley and Carl Barât and Pete Doherty of The Libertines join regulars Noel Fielding, Jamali Maddix and guest captain Sophie Willan. Greg Davies hosts. (S)(R)(AD)
11.00 **Sex and the City** 13/18. Carrie, Samantha and Miranda let their hair down in LA. Guest stars Sarah Michelle Gellar. (S)(R) **11.40** 14/18. The girls have their horizons broadened. (S3) (S)(R)
12.15 AM **The Force: Manchester** (R)
2.10 **Road Wars** (S)(R)
3.00 **S.W.A.T.** 12/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.15am Bargain Hunt **12.00noon-1.00pm** First Minister's Questions **12.10** Scotcast **12.40** Sin City: The Real Las Vegas **2.10** Weather for the Week Ahead **2.15-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The View **11.20** Question Time **12.20am** Newscast **1.30** Michael McIntyre's Big Show **1.55-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
11.05pm Caitlin Hanna: Trafficked in Belfast **12.05am** Mystery Road: Origin **1.00-1.30am** Sign Zone: See Hear

WALES
Sky 968, Freesat 968
7.30-8.00pm Scrum V: The Warm Up **9.00-10.00pm** Keeping the World Away – Finding Gwen John

ITV1

As main ITV1 except:
ANGLIA
11.20-11.50pm Anglia Late Edition
BORDER & TYNE TEES
11.20-11.50pm Around the House
LONDON
11.20-11.50pm The Late Debate
CENTRAL
11.20-11.50pm Central Lobby
GRANADA
11.20-11.50pm The Granada Debate
MERIDIAN
11.20-11.50pm The Last Word
WALES
11.20-11.50pm Welsh Lives
WEST & WESTCOUNTRY
11.20-11.50pm The Westcountry Debate
YORKSHIRE
11.20-11.50pm Last Orders (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Dim Byd i'w Wisgo **12.30** Heno **1.00** Sgwrs Dan y Lloer **1.30** Y Deis **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Taith Bywyd **4.00** Awr Fawr **5.00** Stwnsh **6.00** Stiwdio24/7 **6.30** Ciao! Colleen Ag Owain **6.57** Newyddion **7.00** Heno **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **8.25** Rownd a Rownd **8.55** Newyddion a'r Tywydd **9.00** Pawb a'i Farn **10.00** Cynefin **11.00-11.35pm** Cysgu O Gwmpas

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** SpongeBob visits his old pal Bubble Buddy's home town. **7.15** Sandy invites Karen and Mrs Puff for a night out.
7.30 **Deadly 60** Creatures inhabiting the Gomantong cave system in Malaysia.
8.00 **Top Gear Winter Olympics Special** The hosts use cars to compete in Winter Olympic events.
9.00 **Sin City: The Real Las Vegas** 1/2. The realities behind modern Las Vegas. **9.45** 2/2. A look into how the city has changed.
10.30 FILM **Get Out** Thriller starring Daniel Kaluuya. After a photographer and his girlfriend visit her parents, he suspects there is more to the locals than meets the eye. (2017, 15, 104min) ★★★★★
12.10 AM FILM **Just Mercy** Drama starring Michael B Jordan and Jamie Foxx. (2019, 15, 131min) ★★★★
2.20 **to 3.50** AM **Sin City: The Real Las Vegas**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo visits Felixstowe and Norwich.
7.30 **Coastal Path** Paul Rose explores the coastline of southern Cornwall.
8.00 FILM **The Man Who Would Be King** Director John Huston's adventure based on Rudyard Kipling's tale starring Sean Connery and Michael Caine as two ex-soldiers who set out to make their fortunes in 19th-century Kafiristan. (1975, PG, 129min) ★★★★★
10.05 **Sean Connery: Talking Pictures** A look at TV appearances made over the years by the actor.
10.50 FILM **A Bridge Too Far** Richard Attenborough's war epic about the Allied defeat at Arnhem in 1944. Stars Dirk Bogarde, Sean Connery and Ryan O'Neal. (1977, 15, 175min) ★★★
1.40 AM **Great British Railway Journeys** As 7.00pm.
2.10 **to 3.40** AM **Brian Cox: Seven Days on Mars**

MORE4

136/137 127 147 18 124 15

8.55 AM **Strangers on a Plane**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** Sisters Kay and Faye search for a property in Cannes.
5.55 **Car S.O.S** Tim Shaw and Fuzz Townshend take on possibly their most obscure car to date, a little-known 1964 trials competition car. **6.55** Tim and Fuzz restore a Japanese super saloon.
7.55 **The Dog House** Regal basset hound Duchess is back on the charm offensive, this time hoping to impress childhood sweethearts Emilie and Carl.
9.00 **24 Hours in A&E** Mark, a 35-year-old long-term resident at a neurological hospital, is rushed to St George's struggling to breathe, while three-year-old Thomas is brought in with a high temperature.
10.00 **24 Hours in Police Custody** Following Bedfordshire Police as they investigate a knife and gun attack on the doorstep of a man's house in Luton.
11.05 **999: On the Front Line**
1.15 AM **24 Hours in A&E**
2.20 **24 Hours in Police Custody** As 10.00pm.
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **The Simpsons** *Bottle Episode:* Homer transports a million-dollar bottle of wine to Mr Burns' mansion. **7.30** *The Bob Next Door:* A new neighbour moves in next door to the family.
8.00 **First Dates** Toilet paper salesman Stephen sits down for dinner with mother-of-one Rachel.
9.00 **Gogglebox** Opinions on *Line of Duty, I Can See Your Voice* and *Beat the Chasers.*
10.00 **Gogglebox** Views on *SAS: Who Dares Wins, Dragons' Den* and *Lego Masters USA.*
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Naked Attraction**
1.10 **First Dates**
2.10 **Gogglebox**
3.05 **Naked Attraction**
4.00 **The Goldbergs**
4.50 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Thursday primetime primetime

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 8/22. (S5)
1.00 PM **The Rookie** 21/22. Chen goes undercover to infiltrate a firearm operation. (S5)
2.00 **Watson** 9&10/13. (S1)
4.00 **Law & Order: Criminal Intent** 11/22. The detectives search for a doctor's killer. (S1)
5.00 **Nothing to Declare**

9.00 FBI

7 PM
7.00 **Police 24/7** Officers track down suspects using dogs and drones, and deal with a drunk man causing problems.

8 PM
8.00 **Law & Order: Criminal Intent** *Rock Star:* 2/16. Wheeler and her new partner investigate the death of a musician. (S8)

9 PM
9.00 NEW SERIES **FBI** *Takeover:* 1/22. Return of the drama starring Missy Peregrym. A federal judge disappears. (S8)

10 PM
10.00 **Law & Order: Special Victims Unit** *The Punch List:* 3/13. The unit help a man come to terms with being victimised. (S25)
11.00 **The Rookie** 9/22. (S4)
12.00 M'T **FBI** 7/22. (S5)
1.00 AM **Law & Order: Criminal...**
2.00 **The Rookie** 22/22. (S5)
3.00 **Law & Order: Criminal Intent**
4.00 **Road Wars**
5.00 **to 6.00** AM **The Force: Manchester**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Boardwalk Empire** (S4)
10.10 **The Sopranos** 8&9/13. (S4)
12.20 PM **Game of Thrones** (S5)
2.30 **The Wire** 8&9/13. (S4)
4.40 **Westworld** 4/8. Dolores and Caleb make plans, and The Man in Black prepares to re-enter society. (S3)
5.45 **Deadwood** As 10.45pm.
6.50 **Game of Thrones** 7/10. Jon prepares for conflict, Sansa tries to talk to Theon, and Brienne waits for a sign. (S5)

9.00 The Last of Us

7.55 **Game of Thrones** *Hardhome:* 8/10. Arya makes progress in her training, Sansa confronts a friend, Cersei faces a struggle and Jon embarks on a journey. (S5)

9.00 **The Last of Us** *The Path:* 3/7. Ellie prepares to petition the town council, and a religious group flees a war. (S2)

10.05 **A Knight of the Seven Kingdoms** *The Squire:* 3/6. Dunk teaches his Egg an important skill. (S1)
10.45 **Deadwood** *Boy-the-Earth-Talks-To:* 12/12. (S2)
11.50 **The Sopranos** 7&8/13. (S4)
2.00 AM **Under Salt Marsh** New episode 3/6. Jackie and Bull form an alliance. (S1)
3.00 **Game of Thrones** (S5)
5.10 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **The Flash** 3/13. (S9)
9.00 **Stargate SG-1** (S7)
11.00 **A League of Their Own: The Rally** As 5.15pm.
12.00 NOON **The Flash** 4/13. (S9)
1.00 PM **Hawaii Five-0** (S10)
3.05 **S.W.A.T.** 12/18. (S4)
4.10 **NCIS: Los Angeles** (S13)
5.15 **A League of Their Own: The Rally** The gang head through rural France to the Alps.
6.15 **Stargate SG-1** 11/22. Part one of two. The team members encounter a super-soldier. (S7)

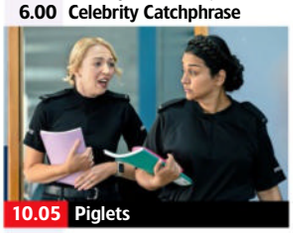
5.15 A League of Their Own

7.15 **Stargate SG-1** *Evolution – Part Two:* 12/22. Daniel is taken hostage while searching for an alien device, so Jack is sent to rescue him. (S7)
8.15 **Never Mind the Buzzcocks** With Kiell Smith-Bynoe, Danny Goffey and Freya Ridings.
9.00 **Evil** *Exorcism – Part Two:* 9/13. David learns he is being sued for inflicting psychological harm on a woman he helped exorcise
10.00 **Evil** *7 Swans a Singin':* 10/13. Kristen, David and Ben are called to investigate an insidiously addictive song. (S1)
11.00 **Fear the Walking Dead** 9/16. In the aftermath of the Clark family's actions, new leadership assumes control of the Ranch. (S3)
12.00 M'T **The Force: Manchester**
2.00 AM **Road Wars**
3.00 **S.W.A.T.** 12/18. (S4)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Happy Essex After**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly Hills** Reality series.
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**


10.05 Piglets

7.00 **Deal or No Deal** Stephen Mulhern hosts as Kev takes on the Banker for the chance to win a life-changing cash prize.
8.00 **The Real Housewives of Orange County** New edition Heather's birthday party wraps up just as Tamra arrives.
9.00 **Love Island: All Stars** New edition Famous former Islanders are given another shot at finding the one.
10.05 **Piglets** New episode 4/6. Bob is unaware of Melanie and Daz getting physical. (S2)
10.35 **Family Guy** 3/20. Stewie finally makes a friend his own age. (S17)
11.05 **Family Guy** 18/20. S16)
11.35 **American Dad!** (S14&13)
12.35 AM **Bob's Burgers** (S12)
1.35 **Deal or No Deal** As 7.00pm.
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.20 PM **Foyle's War** *The Eternity Ring:* MI5 recruits Foyle to investigate a Soviet spy ring.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Dead Men Do Tell Tales:* A Swedish sailor who may not be telling the truth about the contents of a coffin.

8.00 Vera

6.55 **Heartbeat** *Vendetta:* Blaketon offers to search for a woman's missing son, and Walker discovers Bellamy's shocking secret.
8.00 **Vera** *Natural Selection:* The detective investigates when the body of a wildlife ranger is found on a remote island. She seems to have been killed, but was alone on the island when she died.
10.00 **Foyle's War** *The Cage:* The detective's investigation into the death of a nameless Russian leads to a mysterious military facility.
11.50 **Trial & Retribution** 6/10. Walker brings Milton on to the investigation to help, but this causes more problems than solutions. (S10)
12.50 AM **The Larkins** 3/6. (S2)
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Entertainment Mix**
8.00 **Banjo and Ro's Grand Island Hotel** Isolation, money woes and house chaos mount.
8.30 **The Secret Lives of Lighthouse Keepers** The teams who keep the nation's coastlines safe.
9.00 NEW SERIES **Dinosaur** 1/6. Return of the comedy starring Ashley Storrie. Nina is desperate to get back home.
9.30 New episode 2/6. Nina hopes life will return to normal back in Glasgow. (S2)
9.55 **Scot Squad** 5/5. Squire and McGill are on a lengthy stakeout. (S7)
10.25 **Martin Compston's Scottish Fling**
10.55 **Scotcast** Topical debate.
11.25 **Icons of Football**
11.55 PM **to 12.00** M'T **Loop**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Ballers** 5&6/10. (S2)
10.15 **Sex and the City** (S2)
11.30 **Entourage** (S3)
12.30 PM **Will & Grace** (S5)
1.30 **Sex and the City** (S2)
2.30 **Ballers** 7&8/10. (S2)
3.50 **And Just Like That...**
4.45 **The Office (US)** (S2)
5.45 **Will & Grace** (S5)
6.45 **Community** (S5)
7.45 **Sex and the City** 7/18. Miranda falls for a hunky houseguest.
8.20 8/18. Samantha dates a millionaire. (S2)
9.00 **Chris Ramsey: Live from London** Stand-up.
10.00 **And Just Like That...** *Chapter Three:* 3/11. Carrie conjures an excuse to get out of an audiobook taping. (S2)
11.00 **Community** (S5)
12.00 M'T **Entourage** (S3)
1.00 AM **Ballers** (S2)
2.15 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Pavarotti: The Duets**
7.30 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Painting Birds**
3.00 **Bagpipes: A Celebration**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Landscape Artist of the Year** In the Lake District.
8.00 **Chaplin: The Birth of the Tramp** Documentary.
9.15 FILM **Modern Times** (1936, b/w, U) ★★★★★
10.45 **The Directors**
11.45 **The Life and Deaths of Christopher Lee**
1.50 AM **Science Fiction in the Atomic Age**
2.50 **Laurie Lee: The Lost Interview**
3.45 **Sky Arts Book Club**
4.45 **to 6.00** AM **National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager** (S6)
7.00 **Star Trek: The Next Generation** 2/26. (S7)
8.00 **Star Trek: Deep Space Nine** 23/26. (S7)
9.00 **World's Most Evil Killers** The crimes of Billy Mansfield Jr.
10.00 **Killer in My Village**
11.00 **Grimm** 7/22. (S5)
12.00 M'T **Wynonna Earp** (S3)
1.00 AM **Night Cops**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** A team of five from Nottingham take part in the quiz show.
3.00 **Beat the Chasers**
4.00 **Time Is Money** Quiz hosted by Sara Davies.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Rickie tries to open the 22 red boxes in the right order, taking on the Banker for the chance to win a cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Ant & Dec's Limitless Win** Cousins Adele and Adele take on the money ladder, playing for life-changing cash.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **Chateau DIY: Win the Dream**
1.00 PM **A Place in the Sun**
3.00 **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me: Celebrity Christmas Special** Five editions.
6.00 **Kirstie and Phil's Love It or List It**
7.00 **David Baddiel: Cat Man**
8.00 **Kirstie and Phil's Love It or List It**
9.00 **999: What Happened Next** The investigation into a spree of violent attacks in Peterborough.
10.05 FILM **Cocaine Bear** Comedy thriller. (2023, 15, 95min) ★★
12.00 M'T **Michael Jackson: The Trial** Double bill.
2.00 AM **24 Hours in Police Custody** Documentary.
3.05 **Gogglebox**
4.05 **to 5.00** AM **Celebrity Gogglebox**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.05 **Boon**
11.15 **The Sweeney**
12.20 PM **Robin of Sherwood**
1.30 **Magnum, PI**
2.35 **Kojak**
3.45 **Boon**
4.50 **The Sweeney** *Abduction:* Regan's daughter is abducted.
5.55 **Minder** *All About Scoring, Innit:* Arthur spots the opportunity to cash in when a footballer goes missing.

10.55 Reservoir Dogs

7.00 **River Monsters** Reports of a face-eating creature in a remote part of Bolivia. **7.30** Tracking a deadly fish in southern Africa.
8.00 **Junk & Disorderly** The team head to Tewkesbury auction, and Henry Cole receives an unexpected phone call.
9.00 **Ice Road Truckers** Jack Jessee volunteers to transport goods to the northern oilfields via the Dalton Highway.
10.00 **World of Sport**
10.20 **Ligue 1 Highlights** Featuring Lyon v Lille.
10.55 FILM **Reservoir Dogs** Crime thriller. (1991, 18, 100min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.40 AM **Berlin Station** 5/9. (S2)
1.40 **Minder** As 5.55pm.
2.30 **Auto Mundial**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 19/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 20/26. (S5)
2.00 **The Ark** 7&8/12. (S1)
4.00 **Stargate SG-1** 8/22. (S2)
5.00 **Star Trek: Voyager** 12/16. An alien transforms the crew into pure energy. (S1)
6.00 **Star Trek: The Next Generation** 19/26. Wesley gets involved in a cover-up. (S5)

11.10 Wynonna Earp

7.00 **Star Trek: Deep Space Nine** *Ferengi Love Songs:* 20/26. Quark learns his mother is involved with the Ferengi leader. (S5)
8.00 **Stargate SG-1** *Family:* 8/22. Bra'tac brings word that Teal'c's son Rya'c has been kidnapped by Apophis. (S2)
9.00 **Westworld** *Dissonance Theory:* 4/10. Dolores finds help in the form of reluctant Westworld visitor William. (S1)
10.10 **The Leftovers** *BJ and the AC:* 4/10. The Guilty Remnant puts its stamp on Christmas when the cult strikes at the heart of the community. (S1)
11.10 **Wynonna Earp** 11/12. Doc becomes trapped in an alternate reality where Wynonna doesn't exist. (S2)
12.00 M'T **True Blood** 3&4/12. (S2)
2.00 AM **The Ark** 7&8/12. (S1)
4.00 **Wynonna Earp** As 11.10pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 16/22. (S6)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 11/13. (S2)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Mentalist** 16/22. (S6)
5.00 **Hudson & Rex** 14/20. A famous starlet is killed onstage. (S5)
6.00 **Father Brown** *The Invisible Friends:* Murder threatens to derail the live broadcast of an agricultural radio drama.

10.00 Annika

7.00 **Miss Fisher's Murder Mysteries** *Dead Air:* 11/13. Dot realises she wishes to keep working for Phryne after she marries. (S2)
8.00 **Death in Paradise** *Rue Morgue:* 8/8. Humphrey is called in to investigate the suspected suicide of a former surgeon. (S3)
9.00 **Father Brown** *The Devil You Know:* Mallory turns to the priest for help when a senior member of the police force is murdered.
10.00 **Annika** 4/6. The detective reflects on *1984* when the team are flown to the Hebridean islands to investigate a death. (S2)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 3/10. Margaret and Todd defend a lawyer accused of orchestrating a fatal insurance fraud. (S2)
1.00 AM **Death in Paradise** (S3)
2.00 **Evil** 4/10. (S3)
3.00 **to 4.00** AM **Far North**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.35 AM **Highlights**
9.30 **Are You Being Served?**
10.10 **Porridge**
10.45 **Keeping Up Appearances**
11.25 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.40 **Are You Being Served?**
3.20 **Porridge**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Porridge**

10.00 Not Going Out

7.20 **Dad's Army** Captain Mainwaring enlists an unusual recruit to the platoon – a tracker dog provided by Walker.
8.00 **Only Fools and Horses** Del Boy tries to sell a pair of antique urns. **8.40** Uncle Albert falls into the pub cellar, but turns his injury into a profit-making opportunity. **9.20** The Trotters attend Grandad's funeral – and meet a long-lost uncle.
10.00 **Not Going Out** The death of Tim's grandmother brings him and Kate closer.
10.40 **Only Fools and Horses** As shown at 8.00pm.
11.20 **Only Fools and Horses**
12.40 AM **Not Going Out**
1.20 **Avoidance** Jonathan lies about finding a new place to live. **2.00** Jonathan worries that Spencer will end up with a new father figure in his life.
2.30 **to 4.00** AM **Avoidance**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gordon's Great Escape**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **How Britain Worked**
11.00 **Rick Stein's Secret France**
12.00 NOON **Bangers & Cash**
2.00 PM **Extreme Fishing with Robson Green** North Atlantic.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si King and Dave Myers focus on British sheep.
6.00 **Rick Stein's Secret France** The chef heads through the regions of Alsace and Jura.

6.00 Rick Stein's Secret France

7.00 **Would I Lie to You?** With Alan Davies, Richard Osman, Germaine Greer and Jermaine Jenas. **7.40** **Richard Osman's House of Games** With Toby Anstis and Kerry Howard. **8.20** With John Kearns, Roo Irvine, Diarmuid Gavin and Claire Richards.
9.00 **QI XL** The Rev Richard Coles, Sarah Millican and David Mitchell join regular panellist Alan Davies and host Stephen Fry.
10.00 **Have I Got a Bit More News for You** Rhod Gilbert hosts the satirical quiz, with guests Emma Barnett and Tom Allen.
11.00 **Taskmaster** Russell Howard wraps a tie round his head, and Tim Vine is left bereft by a small piece of bent metal.
12.00 M'T **Would I Lie to You?** With Peter Serafinowicz.
12.40 AM **Mock the Week**
2.00 **to 4.00** AM **Silence Is Golden**

+1 hour 211/212 327 74 259

Thursday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 17-19/23. (S2)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Frame Up:* 9/24. Tony finds himself accused of murder. **7.00** *Probie:* 10/24. McGee murders an undercover police officer. **8.00** *Model Behaviour:* 11/24. A model is killed at a US Marine base. (S3)
9.00 **Blue Bloods** *Two-Faced:* 17/22. Frank learns his friend is set to air the NYPD's dirty laundry. **10.00** *Rectify:* 18/22. Frank tries to introduce a rigorous fitness test. (S9)
11.00 **Law & Order: Special Victims Unit** *Send in the Clowns:* 17/24. A student disappears during a field trip. (S19)
11.55 **Law & Order: Special Victims Unit** (S19)
2.40 AM **Murder, She Wrote**
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **Casualty 24/7: Every Second Counts**
8.00 **GPs: Behind Closed Doors** New edition Doctors treat a man with a mysterious lump.
9.00 **A&E After Dark** A man arrives with a scarily high heart rate.
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.00 M'T **Call the Bailiffs: Time to Pay Up**
1.00 AM **Nightmare Tenants, Slum Landlords**
2.00 **GPs: Behind Closed Doors** Medical series.
2.45 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Traffic Cops**
10.05 **Police Interceptors**
12.05 PM FILM **Man Without a Star** Western drama starring Kirk Douglas. (1955, PG, 89min) ★★
2.00 FILM **Pillars of the Sky** Western with Dorothy Malone and Jeff Chandler. (1956, PG, 95min) ★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** PC Andy Doran chases thieves on the run from a robbery.
9.00 **Mud Mountain Haulers** New edition Craig and the crew return home to log a local block.
10.00 **Outback Truckers**
11.00 **Banged Up Abroad**
12.00 M'T **Deadliest Weather: Caught on Camera**
1.05 AM **Ice Road Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: Grenfell**
12.00 NOON **DIY SOS: The Big Build** In the Cotswolds.
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: Grenfell**
7.00 **My Kitchen Rules: New Zealand** Culinary show.
8.00 **Pete Wicks: For Dogs' Sake** Pete meets a dog that's been at the centre for over three years.
9.00 **Louis Theroux: Shooting Joe Exotic** Louis revisits his 2011 documentary *America's Most Dangerous Pets*.
11.00 **Wagspiracy: Vardy v Rooney** Documentary.
12.00 M'T **Louis Theroux's Altered States**
1.00 AM **Death at the Mansion: Rebecca Zahau**
2.00 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **The Bill**
8.25 **Doctors**
9.35 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **All Creatures Great and Small**
3.00 **Howards' Way**
4.10 **Bergerac**
5.20 **The Thin Blue Line**
6.00 **Last of the Summer Wine** Double bill.
8.00 **Kingdom** 5/6. (S1)
9.00 **Harry Wild** *The Man Who Murdered Himself:* 4/6. A mystery novelist is found dead in a locked panic room. (S3)
10.00 **New Tricks**
11.20 **Waking the Dead** (S8)
12.40 AM **Sister Boniface Mysteries** 10/10. (S1)
1.40 **The Thin Blue Line**
2.25 **Last of the Summer Wine** Howard decides to take up weightlifting.
2.55 **to 4.00** AM **Harry Wild**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Auschwitz: The Nazis and the Final Solution**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Auschwitz: The Nazis and the Final Solution**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 NEW SERIES **Bangers & Cash** Derek heads to Bromsgrove on the trail of a rare Aston Martin DB6 Mk2.
9.00 **Flipping Bangers** Will Trickett and Gus Gregor find an Audi Quattro roadster.
10.00 **Bangers & Cash**
12.00 M'T **Abandoned Engineering** Double bill.
2.00 **to 3.00** AM **Masters of Reinvention**

+1 hour 255 329

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Michelle Collins.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House** Whisky collection.
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters** A barbershop hides an antiques emporium. **7.00** Drew's son learns more about the trade. **8.00** Drew gets to drive a 1940s steam engine.
9.00 **Ghost Adventures** New edition Two abandoned buildings show signs of disturbing paranormal activity.
10.00 **Help! My House Is Haunted** Four editions.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 22-24/24. (S6)
1.00 PM **The Waltons** (S3)
3.00 **Ballykissangel** 4/6. (S1)
4.10 **Hamish Macbeth** (S2)
5.20 **Doctor Finlay** 5/8. (S4)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 19/20. A Korean gives the 4077th a gift. **8.00** 20/20. Charles develops a strong fixation with death. (S9) **8.30** 1/22. Part one of two. A vaudeville troupe visits the 4077th. (S10)
9.00 **FILM Please Sir!** Comedy with the staff and pupils from the popular 1970s TV series, starring John Alderton. (1971, PG, 97min) ★★★
11.10 **The New Avengers** (S1)
12.10 AM **The Avengers** (S5)
1.00 **M*A*S*H** (S9)
2.20 **Home to Roost** (S2)
3.00 **to 5.00** AM **Highway to Heaven**

+1hour 257

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory**
10.00 **FILM Johnson County War: Part One** Western. (2002, 12, 90min) ★★
12.00 NOON **The High Chaparral** 4/26. (S3)
1.00 PM **FILM The Horse Soldiers** Western. (1959, U, 115min) ★★
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers**
8.00 **The New Avengers**
9.00 **FILM Shadow Man** Espionage thriller starring Steven Seagal. (2006, 15, 92min) ★
11.00 **FILM In the Line of Fire** Crime thriller. (1993, 15, 127min) ★★★★
1.50 AM **The Avengers**
2.45 **Police Ten 7**
3.10 **FILM Disaster Zone: Volcano in New York** Thriller. (2006, 12) ★★
4.40 **to 5.50** AM **Police Ten 7**

+1hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S4)
11.10 **Castle** 7/23. (S6)
12.10 PM **FILM Picture Perfect Mysteries: Newlywed and Dead** (2019) ★★
2.05 **FILM Lost Letter Mysteries: Truth Be Told** Drama. (2015, PG) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 8/23. (S6)
8.00 **Unforgettable** (S4)
9.00 **FILM Picture Perfect Mysteries: Dead Over Diamonds** (2020) ★★
10.55 **FILM Lost Letter Mysteries: Freedom to Give** (2014, PG) ★★
12.50 AM **FILM No Surrender** Thriller. (2011, PG) ★★
2.35 **FILM The Wedding Stalker** (2017) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1hour 322

Great! Romance

319 317 424 52 47

8.00 AM **FILM Love on Trend** Drama. (2021, PG) ★★
10.10 **FILM Love, Bubbles & Crystal Cove** Drama. (2021, PG, 85min) ★★
12.05 PM **FILM Raise a Glass to Love** Drama. (2021, PG, 84min) ★★
2.00 **FILM My Boss's Wedding** Drama. (2021, PG) ★★
4.00 **FILM Accidentally Engaged** Drama. (2016, PG, 86min) ★★
5.55 **FILM A Very Country Wedding** Drama. (2019, PG, 90min) ★★
8.00 **FILM Falling for the Manny** Romantic drama. (2023, PG, 89min) ★★
9.55 **FILM One Summer** Drama with Sam Page. (2021, PG, 84min) ★★
11.50 **FILM Love in Full Swing** Drama. (2020, PG) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM My Boss's Wedding** As shown at 2.00pm.

+1hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.00 NOON **The Fenn Street Gang** 3/18. (S3)
12.30 PM **The Lovers** (S2)
1.00 **Lady Killers**
2.00 **Boon** 1/13. (S3)
3.00 **Bubblegum & Cheese**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Shine on Harvey Moon**
6.00 **The Dustbinmen** (S1)
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 5/7. (S2)
7.30 **The Brian Conley Show**
8.00 **Boon** 1/13. (S3)
9.00 **Riders** 2/2. (S1)
10.00 **FILM Children Shouldn't Play with Dead Things** Horror. (1973, 15) ★★
11.45 **Stereo Underground**
12.45 AM **The Kenny Everett Naughty Joke Box**
2.20 **We Had One of Those**
2.30 **The Brian Conley Show**
3.00 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Guardians of the Glades**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** An alleged criminal is trapped out at sea. **8.00** A captain faces what might spell the end of a storied career.
9.00 **Expedition X** The team head to the woods of southern New Jersey to hunt for the Jersey Devil.
10.00 **Expedition Bigfoot** The team push boundaries in pursuit of Bigfoot.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Jamie Cooks Italy**
7.00 **The Hairy Bikers Go West** The Isle of Bute.
8.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Islands to Highlands**
3.00 **The Hairy Bikers Go West** The Isle of Bute.
4.00 **The Pioneer Woman**
5.00 **Jamie's 15 Minute Meals**
6.00 **Barefoot Contessa**
7.00 **The Great British Bake Off** The bakers get to grips with chocolate. **8.00** The final three remaining bakers battle it out in the 2015 final.
9.00 **James Martin's American Adventure**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 26/27. (S4)
9.00 **The A-Team** 4/23. (S4)
10.00 **The Invaders** 2/17. (S1)
11.00 **FILM San Andreas Mega Quake** Thriller. (2019, 12, 87min) ★★
12.45 PM **FILM Five Guns West** Western with John Lund. (1954, PG, 78min) ★★
2.20 **FILM Airport** Thriller. (1969, PG, 137min) ★★★
5.00 **Star Trek** 9/26. (S2)
6.00 **The Invaders** 3/17. (S1)
7.00 **The A-Team** 5/23. (S4)
8.00 **Walker, Texas Ranger**
9.00 **FILM In the Line of Fire** Crime thriller starring Clint Eastwood. (1993, 15, 127min) ★★★★
11.30 **FILM Kiss of Death** Crime thriller. (1995, 18, 100min) ★★★
1.35 AM **FILM Age of Kill** Crime action thriller. (2015, 15, 82min) ★★
3.20 **to 5.05** AM **FILM Paydirt** Action thriller. (2020, 15, 86min) ★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM Weather Wars** Thriller. (2011, 15) ★★
11.00 **The Lost World** (S1)
12.00 NOON **FILM The 7 Adventures of Sinbad** Fantasy. (2010, PG) ★★
2.00 PM **FILM Shark Lake** Thriller. (2015, 15) ★★
4.00 **Walker, Texas Ranger**
5.00 **FILM Brothers of the Frontier** Western. (1995, U, 87min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 22/23. (S1)
9.00 **FILM How I Spent My Summer Vacation** Darkly comic thriller with Mel Gibson. (2012, 15, 92min) ★★★★
10.55 **FILM Executive Command** Thriller. (1997, 15, 95min) ★★
1.05 AM **FILM How I Spent My Summer Vacation**
3.00 **FILM Brothers of the Frontier** As 5.00pm.
5.00 **to 6.00** AM **The Lost World**

+1hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars Do America**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars Do America**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Alien Files Reopened**
6.00 **Pawn Stars Do America**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **UFO POV** New edition
10.00 **Alien Disclosure Files**
11.00 **Alien Corridors**
12.00 M'T **Curse of Skinwalker Ranch** Double bill.
1.00 AM **Alien Files Reopened**
2.00 **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Dogs Behaving (Very) Badly** Documentary.
11.00 **Ben Fogle: New Lives in the Wild** Botswana.
12.00 NOON **WWII Battles in Colour** Documentary.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Drain the Oceans**
6.00 **Rob Bell's Engineering Reborn** Documentary.
7.00 **WWII Battles in Colour**
8.00 **Ben Fogle: New Lives in the Wild** From Japan.
9.00 **Zara and Mike: the Royal and the Rugby Player** The story of Zara and Mike Tindall.
10.30 **Meghan: Duchess for Sale?** The Duchess of Sussex's business empire.
12.00 M'T **Wentworth Prison**
1.00 AM **VC Andrews' Landry Family**
2.55 **Paul Martin's Antiques Showdown**
3.45 **to 4.00** AM **Britain's Greatest Bridges**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** Featuring the stars of *Coronation Street*.
12.00 NOON **The Chase** Quiz.
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire?** Quiz show.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Five postal workers take part. **7.00** A team of friends take part in the quiz.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **The Chase Celebrity Special** With Suzi Perry, Mark Porter, Rosemarie Ford and Louis Walsh.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Triple bill of the quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 21/24. Penny and Leonard try to distract Sheldon. (S7)
9.00 **90 Day Fiancé UK** New editions Shorna is losing faith in Adnand, while Zena's dancing feet get her into trouble, and Anglophile Ali has an Evil Genius plan. **10.00** Zena confronts Ebrima about his scantily-clad online lady friends, and Sandra arrives in Cambridge.
11.00 **The Bad Skin Clinic**
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** Variety show.
9.00 **Impractical Jokers**
10.00 **Spin City** 19&20/22. (S6)
11.00 **Everybody Loves Raymond** 5-8/23. (S8)
1.00 PM **Friends** (S6&7)
8.30 **Friends** 14/24. Rachel celebrates her birthday with the gang. (S7)
9.00 **FILM Nine to Five** Comedy starring Jane Fonda and Dolly Parton. (1980, 15, 110min) ★★★
11.15 **Jimmy Carr's Am I the A**hole?**
12.15 AM **Whose Line Is It Anyway? USA**
1.45 **South Park** (S8)
2.45 **The Culture Capsule**
3.00 **The Pep Talk**
3.05 **Al Murray: The Pub Landlord – Live at the Palladium** Stand-up.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 14&15/25. (S7)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** 11-14/24. (S7)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 19&20/22. (S6)
7.00 **Everybody Loves Raymond** 5-8/23. (S8)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Friends** 12-17/25. (S6)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Whose Line Is It Anyway? USA**
3.00 **Reno 911!** 9&10/13. (S3)
3.45 **Important Things**
4.30 **Spin City** 19&20/22. (S6)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
9.40 **Duty Free** 6/7. (S3)
10.15 **Bread** 10/10. (S8)
10.50 **Steptoe and Son** (S7)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S4)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.45 **When the Boat Comes In** 11/13. (S2)
2.45 **Minder** 13/13. (S2)
3.50 **Citizen Smith** 3/7. (S4)
4.25 **Man About the House**
4.55 **You Rang, M'Lord?** (S1)
6.00 **That's 60s: Best Music**
6.10 **Steptoe and Son** (S4)
6.50 **Minder** 13/13. (S3)
7.55 **Rising Damp** 2/6. (S4)
8.20 **Whatever Happened to the Likely Lads?** (S1)
9.00 **Benidorm** 9/9. (S10)
10.00 **Shameless** 4/11. (S2)
11.00 **Man About the House**
11.35 **Rising Damp** 6/7. (S1)
12.05 AM **Benidorm** 9/9. (S10)
1.05 **Shameless** 4/11. (S2)
2.05 **Kenny Everett Show**
2.35 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.25 **Help! I'm in a Secret Relationship!**
8.00 **Catfish: The TV Show**
4.00 PM **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **Teen Mom UK: Next Generation**
8.00 **Spray Tan Mums: Single and Proud**
9.00 **Dating Naked**
10.00 **Celebrity Ex on the Beach** A new ex shakes a couple to their core.
11.00 **Caught in the Act: Unfaithful** Reality show.
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ridiculousness** New editions Rob, Steelo and Kristy Sarah walk some 'poopy paces'. **3.10** Rob, Steelo and Kristy discover that warehouses are unsafe.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Goblin Works Garage**
9.00 **Gold Rush: Mine Rescue with Freddy & Juan**
11.00 **Diesel Brothers**
1.00 PM **Deadliest Catch**
3.00 **How It's Made** Four editions of the series, including at: **4.30** Making Conga drums.
5.00 **The Woodland Workshop** Robin Johnson teams up with Micaela Sharp to build a gift for a charitable hairdresser. **6.00** Saf Fakir makes a gift for Tom Bosworth's coach.

10.00 In the Eye of the Storm

7.00 **Wheeler Dealers** Mike Brewer and Edd China aim to transform an old Chevy Corvair into a beach cruiser.
8.00 **Wheeler Dealers** Edd and Mike set the challenge to find the ultimate bug-out vehicle that would ceaselessly run.
9.00 **Marooned with Ed Stafford** Ed strives to survive for 10 days in the heart of Africa, the Caprivi.
10.00 **In the Eye of the Storm** A monster derecho spawns destructive tornadoes across Texas.
11.00 **Expedition Unknown** Josh joins the search for wreckage of Britain's Barracuda bomber.
12.00 M'T **Deadliest Catch**
1.00 AM **Marooned with Ed Stafford** As 9.00pm.
2.00 **In the Eye of the Storm**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Meet the Penguins**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo: San Diego** A century-old Galapagos tortoise undergoes surgery. **4.00** A baby hippo arrives.
5.00 **Lone Star Law** Warden Cynde Aguilar helps hunt down the criminal of a high-speed chase.
6.00 **Dr Jeff: Rocky Mountain Vet** Christine helps some pigeons.

10.00 Alaskan Bush People

7.00 **Treehouse Masters** Pete Nelson seeks out the most wonderful arboreal structures in the world.
8.00 **Richard E Grant's Seven Deadly Sins** The actor investigates whether envy exists in the animal kingdom.
9.00 **Alaska: The Last Frontier** In preparation for the spring cattle drive, Atz Lee, Otto and August look for signs of bears.
10.00 **Alaskan Bush People** Ami's health concerns force the Browns to move, and Noah is left to look after the homestead.
11.00 **In Search of Monsters** Experts investigate evidence that links the Yeti to America.
12.00 M'T **Crikey! It's the Irwins** Sea turtles are released.
1.00 AM **Dog Detectives**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Secret Nazi Science**
4.00 **Drain the Oceans**
5.00 **Ice Road Rescue** Thord and Bjoern face a roadside stand-off with the police.
6.00 **Nazi Megastructures: America's War** A look at events of the battle of Saipan.

8.00 Toronto Airport Uncovered

7.00 **Air Crash Investigation** The events that led to the deaths of nine people on board a 747 jet bound for Auckland, New Zealand.
8.00 **Toronto Airport Uncovered** Series finale There is an explosives alert in baggage, and high winds make things tough.
9.00 **Car S.O.S** Tim and Fuzz restore one of the first Japanese sports coupes to find success on the global market.
10.00 **Top Guns: The Next Generation** The students face their final test in a head-to-head fight against their instructors.
11.00 **Air Crash Investigation**
12.00 M'T **Alaska: The Next Generation** New edition
1.00 AM **To Catch a Smuggler**
2.00 **Abandoned** An old mill.
2.30 **Bid & Destroy**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Rust Valley Restorers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars**
12.00 NOON **The Abyss: Rise & Fall of the Nazis**
1.00 PM **Ice Road Truckers**
2.00 **The UnXplained with William Shatner** Four editions, including at: **5.00** A look at strange stories involving US presidents.
6.00 **American Pickers** Mike and Robbie assess barns full of top-notch vehicles.

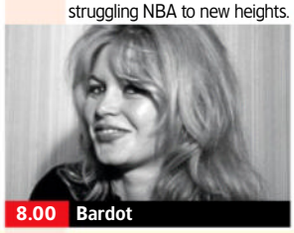
10.00 Mountain Men

7.00 **Forged in Fire** The reigning champion must now face a returning challenger and forge the intricate Acinaces sword.
8.00 **Viking Dead** A trip to the Viking Ship Museum in Roskilde, Denmark, to observe the remains of a fleet of Viking boats.
9.00 **Ice Road Truckers** New edition The Muskie Creek convoy struggle to recover from disaster after an ice bridge collapses.
10.00 **Mountain Men** New edition Mike hunts for elusive and rare silver foxes along the shoreline of Kodiak Island.
11.00 **Mountain Men** New edition Marty rebuilds a snowmobile from scratch, before facing off with a wolverine menace, and starts to Lauro feel the fatigue.
12.00 M'T **The UnXplained with William Shatner** Triple bill.
2.50 AM **Ice Road Truckers**
3.40 **Viking Dead** As 8.00pm.
4.25 **Pawn Stars** Documentary.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2010s**
7.00 **Discovering: Ronald Colman**
8.00 **The Directors**
9.00 **Celtics City**
10.05 **The Jinx: The Life and Deaths of Robert Durst**
11.00 **An Update on Our Family**
2.00 PM **FILM Man on Wire** Oscar-winning documentary. (2007, 12, 93min) ★★★★
4.00 **Discovering: Ronald Colman**
5.00 **The Directors**
6.00 **Celtics City** 4/9. Larry Bird elevates the Celtics and the struggling NBA to new heights.



8.00 Bardot

7.05 **The Jinx: The Life and Deaths of Robert Durst** 4/6. The property tycoon's 2003 trial for the murder of Morris Black.
8.00 **Bardot** Documentary looking at the life and career of actor Brigitte Bardot, examining the hardships, trials and struggles she faced as well as her work and legacy.
10.00 **Jealous Guy: The Assassination of John Lennon** Exploring the life and career of The Beatles superstar, with a look at the strange parallels between him and his killer Mark David Chapman.
11.50 **The Apollo** Exploring the history of the Harlem venue.
1.50 AM **Mr Dynamite: The Rise of James Brown**
4.00 **The Directors** As 5.00pm.
5.00 **to 6.00** AM **Discovering: Ronald Colman**

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Opal Hunters: Red Dirt Road Trip**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Drive It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **Outback Opal Hunters** New edition The Bushmen accidentally unleash a huge threat.
10.00 **Treasure Hunters Down Under** New edition Michael and Max are in suburban Sydney.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops San Francisco** Documentary.
7.00 **Forensic Detectives**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **The Killer in My Family**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **10 Steps to Murder**
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Evil Lives Here** New edition A new boyfriend soon reveals his true colours.
10.00 **Your Worst Nightmare**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Donal MacIntyre's UK Killer Evidence** A body is found inside a pub freezer and police uncover suspicious texts.
8.00 **48 Hours** New edition Darci Bass receives the devastating news that her daughter Livye Lewis has been shot in her car.
9.00 **Storm of Suspicion** New edition Missouri police are up to their necks during the worst flooding in generations.
10.00 **When Death Comes Knocking** Series finale Nicki Collingbourne is killed in Hertfordshire.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Storm of Suspicion**
3.00 **When Death Comes Knocking** As 10.00pm.
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
9.20 **Fatal Attraction**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Fatal Attraction** In Detroit, a cop's wife is killed in what looks like a botched robbery. **3.00** Firefighters responding to an fire make a grisly discovery.
4.00 **48 Hours** The murders of two young women.
5.00 **Medical Detectives** The wife of a Marine is charged with murder. **5.30** An 18-year-old woman is abducted. **6.00** A kidnapping ring run by Russian immigrants is exposed. **6.30** A case in which a woman was shot dead.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **Police 24/7**
8.00 **Send in the Dogs**
9.00 **Brit Cops: Rapid Response** Documentary.
10.00 **Police 24/7**
11.00 **World's Most Evil Killers**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **How I Caught the Killer**
10.00 **Britain's Most Evil Killers**
11.00 **Police 24/7**
12.00 M'T **Killer in My Village**
1.00 AM **World's Most Evil...**
2.00 **Murders That Shocked...**
3.00 **Murder Uncut**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Border Security USA**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Bronze Age Apocalypse**
9.40 **Jungle War**
10.50 **A Final Landing on Iwo Jima** As 8.40pm.
12.00 NOON **The Wheelchair President** Documentary.
1.00 PM **War Machine: World War II**
2.05 **Bronze Age Apocalypse**
3.05 **Jungle War**
4.15 **A Final Landing on Iwo Jima** As 8.40pm.
5.25 **The Wheelchair President** Documentary.
6.30 **Bronze Age Apocalypse**
7.35 **Jungle War**
8.40 **A Final Landing on Iwo Jima** A Marine veteran returns to the battlefield on Iwo Jima 80 years after being wounded.
9.55 **The Wheelchair President** Documentary.
10.55 **Bronze Age Apocalypse**
12.00 M'T **Jungle War**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

Sky Nature

145 113/114 189 354 369

6.00 AM **Wildest New Zealand**
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Great Blue Wild**
11.00 **Wildlife ER**
12.00 NOON **Great Lakes Wild**
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Great Blue Wild**
5.00 **Wildlife Icons**
6.00 **Great Lakes Wild**
7.00 **Monkey Life** Double bill.
8.00 **My Best Friend's an Animal**
9.00 **Into the Wild: Colombia** Following a golden dart frog that requires a mate to fertilise her eggs and faces a daunting voyage through the forest.
10.00 **Great Lakes Wild**
11.00 **Wildlife Icons**
12.00 M'T **Wildlife ER**
1.00 AM **Wildest New Zealand**
2.00 **My Best Friend's an Animal**
3.00 **Into the Wild: Colombia**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Swamp Mysteries with Troy Landry** As shown at 5.00pm.
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Encounter: UFO**
2.00 **Britain's Most Historic Towns**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Mystery Places**
5.00 **Swamp Mysteries with Troy Landry** Troy investigates the disappearance of rodents from the Louisiana marsh.
6.00 **What on Earth?**
7.00 **Battle 360**
8.00 **Combat Ships**
9.00 **How to Lose a War**
10.00 **Instruments of Death**
11.00 **Ancient Aliens**
1.00 AM **Encounter: UFO**
2.00 **Britain's Most Historic Towns**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Mystery Places**
5.00 **to 6.00** AM **Empire Builders**

Discovery Science

167 148 179

8.00 AM **Alien Highway**
11.00 **Richard Hammond's Big**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made** The making of fish replicas and siren systems. **6.30** An insight into the development of snow ploughs. **7.00** Cufflinks and dashboards. **7.30** The creation of pharmaceutical blister packs, deli slicers and weather vanes. **8.00** How bowler hats and solar water heaters are made. **8.30** The making of steam engines and turntables. **9.00** How traditional parquet floors and kimchi are made. **9.30** Focusing on raw pet food and replica police lanterns. **10.00** The development of calissons and diving watercrafts. **10.30** The making of game tables and art glass wall sconces.
11.00 **How Do They Do It?**
1.00 AM **How the Universe Works**
4.00 **6.00** AM **Richard Hammond's Big**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Nightmare in Suburbia**
1.00 PM **Meet, Marry, Murder**
2.00 **Last Night Out**
3.00 **An Hour to Kill**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Meet, Marry, Murder** New edition A letter written by a murder victim before she died warned that her husband was capable of killing her.
9.00 **The First 48**
10.00 **Homicide Squad: New Orleans** New edition A murder in front of a nightclub shatters the New Orleans nightlife.
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The First 48**
2.00 **Homicide Squad: New Orleans**
3.00 **Homicide Hunter**
4.00 **Court Cam**
5.00 **to 6.00** AM **Meet, Marry, Murder**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Last of the Giants: Wild Fish**
10.00 **World's Weirdest**
11.00 **National Parks: USA**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Deadly Dozen**
3.00 **Bizarre Animal Friends**
4.00 **Secrets of the Zoo: North Carolina** Documentary.
5.00 **Ultimate Airport Dubai**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo**
8.00 **Wild, Smart and Deadly** A look at animals that use deception to survive. **9.00** The superpowers that help animals survive.
10.00 **Life Below Zero: First Alaskans** The Pingayak family must rebuild their fish camp following a typhoon.
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Africa's Deadliest**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181

7.00 AM **Storming Area 51**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Examining the destructive power of quasars.
1.00 PM **NASA's Unexplained Files**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Storming Area 51** Joe and Emmett Hayes head to Nevada to investigate the pandemonium of storming Area 51.
9.00 **Paranormal Declassified**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** Henry is now 3,000km into his ride from Perth.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Inside the Ambulance**
5.00 PM **Sorry!**
8.20 **Sorry!** 1/6. First episode of the comedy starring Ronnie Corbett. Timothy Lumsden meets Annette at his amateur dramatics society, but all his attempts to court her are ruined by his meddlesome mother. **9.00** 2/6. Timothy takes his mother's advice when an insanely jealous man takes an interest in his girlfriend.. **9.40** 3/6. Timothy is sent to speak to the father of the boy bullying his godson. **10.20** 4/6. Timothy plans to leave home, but his mother disapproves of his decision. **11.00** 5/6. Timothy plans to see *Gone with the Wind*, but his mother wants him to spend the evening painting. (S1)
11.35 **Sorry!**
4.35 AM **Emma Willis: Delivering Babies** Documentary.
5.20 **to 6.00** AM **The Lakes with Paul Rose**

+1hour 266 376

ID

154 140 166

8.00 AM **Killer Unknown**
9.00 **Faking It: Tears of a Crime**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland**
1.00 PM **Faking It: Tears of a Crime**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Still a Mystery**
7.00 **Signs of a Psychopath**
9.00 **American Detective with Lt Joe Kenda** A father-of-five is found dead on his kitchen floor.
10.00 **The Real Murders on Elm Street** A beloved grandfather is found dead in his van on Halloween. Detectives find they are on the trail of someone who has most likely killed before.
11.00 **How (Not) to Get Rid of a Body** Las Vegas detectives attempt to solve the murder of a young woman after her body turns up in a box in the middle of the desert.
12.00 M'T **Murder Comes to Town**
2.00 AM **Still a Mystery**
4.00 **to 6.00** AM **Signs of a Psychopath**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Sewer Divers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried: Classic Cars**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Vintage Voltage**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Sewer Divers**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried: Classic Cars**
8.00 **Roadworthy Rescues** Derek and his brother Sean head back to their family farm.
9.00 **Kevin Hart's Muscle Car Crew**
10.00 **Sewer Divers**
11.00 **Wheeler Dealers World Tour**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** Richard and the Cogs restore a car in front of a live audience at CarFest.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

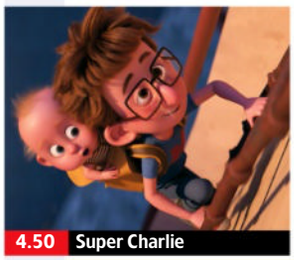
+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.05 AM **Cookster: The Darkest Days** Drama starring Craige Middleburg. (2024, 15, 119min)
9.15 **The Ballad of Wallis Island** Comedy drama with Tim Key. (2025, 12, 100min) ★★★★
11.00 **The Naked Gun** As 8.00pm.
12.40 PM **Smurfs** As 6.20pm.
2.20 **Nuremberg** As 1.25am.
4.50 **Super Charlie** Family animation. (2025, PG, 82min)
6.20 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★



4.50 Super Charlie

8.00 The Naked Gun Comedy reboot starring Liam Neeson. Following in the footsteps of his father, Frank Drebin Jr must save his police department by cracking a murder case. (2025, 15, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 Prisoner of War Action thriller starring Scott Adkins. A British RAF Wing Commander during World War Two is captured and forced to fight in a Japanese internment camp. With Peter Shinkoda. (2025, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Cut** Psychological thriller starring Orlando Bloom. (2024, 12, 99min) ★★★
1.25 AM **Nuremberg** Legal thriller. (2025, 15, 148min) ★★★★★
3.55 **Beast of War** Horror thriller. (2025, 15, 87min) ★★★★
5.30 **to 7.10** AM **Borderline** Comedy thriller. (2025, 15, 94min) ★★★

Sky Cinema Buddy Films

303 303 403 503 517

6.10 AM **Billy Madison** As 3.30am.
7.45 **White Chicks** (2004, 15) ★
9.45 **48 Hrs** (1982, 15) ★★★★★
11.35 **Sherlock Holmes** Adventure. (2009, 12, 128min) ★★★★
1.45 PM **Sherlock Holmes: A Game of Shadows** Adventure sequel. (2011, 12, 128min) ★★★
3.55 **E.T. The Extra Terrestrial** Fantasy. (1982, U) ★★★★★
5.55 **Talladega Nights: The Ballad of Ricky Bobby** Comedy. (2006, 15, 108min) ★★★★

10.00 Superbad

8.00 The 40-Year-Old Virgin Comedy starring Steve Carell and Catherine Keener. The workers in an electrical shop set out to coach their inexperienced 40-year-old colleague in the art of seduction. With Paul Rudd. (2005, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Superbad Teen comedy starring Jonah Hill and Michael Cera. Two high-school friends embark on a quest to buy booze and lose their virginity. With Christopher Mintz-Plasse. (2007, 15, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Semi-Pro** Sports comedy. (2008, 15, 87min) ★★
1.45 AM **Big Daddy** Comedy. (1999, 12, 95min) ★★★
3.30 **Billy Madison** Comedy. (1995, PG, 90min) ★★
5.10 **to 6.45** AM **The 4:30 Movie** Comedy starring Austin Zajur. (2024, 15, 88min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.35 AM **Quartet** As 4.15am.
8.25 **Jackie** As shown at 12.40am.
10.15 **The Bodyguard** Romantic thriller. (1992, 15, 129min) ★★★
12.25 PM **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
2.35 **Burning an Illusion** Drama. (1981, 15, 103min) ★★★
4.25 **Peggy Sue Got Married** Romantic fantasy comedy. (1986, 15, 104min) ★★★

6.15 **About a Boy** Comedy drama based on the novel by Nick Hornby, starring Hugh Grant. (2002, 12, 101min) ★★★★
8.00 **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix. Unhinged comedian Arthur Fleck meets the love of his life while incarcerated at Arkham State Hospital. With Lady Gaga. (2024, 15, 138min) ★★★★
10.20 **Anora** Romantic comedy drama starring Mikey Madison. (2024, 18, 139min) ★★★★★

12.40 AM **Jackie** Biographical drama. (2016, 15, 100min) ★★★★
2.30 **Poison** Drama with Tim Roth. (2024, PG, 86min) ★★★★
4.15 **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
5.55 **to 7.50** AM **Peggy Sue Got Married** As shown at 4.25pm.

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.35 AM **Companion** As 10.20pm.
9.20 **Pacific Rim** Epic sci-fi action movie. (2013, 12, 126min) ★★★
11.35 **Sinners** Horror thriller. (2025, 15, 132min) ★★★★
2.00 PM **The Damned** Mystery. (2024, 15, 89min) ★★★★
3.35 **InnerSpace** Sci-fi comedy thriller. (1987, PG, 119min) ★★★
5.40 **Waterworld** Sci-fi adventure. (1995, 12, 134min) ★★★

8.00 **Van Helsing** Fantasy starring Hugh Jackman, Kate Beckinsale and Richard Roxburgh. The Vatican sends vampire hunter Van Helsing to Transylvania to battle with Count Dracula. (2004, 12, 132min) ★★★
10.20 **Companion** Sci-fi horror starring Jack Quaid and Sophie Thatcher. A weekend getaway takes a bloody turn when an AI android built for human companionship goes haywire. (2024, 15, 97min) ★★★★

12.05 AM **I.S.S** Sci-fi drama. (2023, 15, 95min) ★★★
1.50 **Blade** Action adventure chiller. (1998, 18, 121min) ★★★
3.55 **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
5.40 **to 6.05** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.20 AM **Ride On** As 3.30am.
8.35 **Paul Blart: Mall Cop** Comedy. (2009, PG, 91min) ★
10.20 **Paul Blart: Mall Cop 2** Comedy sequel starring Kevin James. (2015, PG, 92min) ★★
12.10 PM **Robin and the Hoods**
2.05 **Grow** Family comedy. (2025, PG, 107min) ★★★★
4.05 **The Smurfs** Family adventure. (2011, U, 103min) ★★
6.00 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★

7.50 The Karate Kid Part II

7.50 The Karate Kid Part II Martial arts adventure sequel starring Ralph Macchio and Noriyuki 'Pat' Morita. The Karate Kid and his mentor travel to Japan to settle a long-standing duel of honour. (1986, PG, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 The Karate Kid: Part III Martial arts sequel starring Ralph Macchio as a young karate champion. With Noriyuki 'Pat' Morita. (1989, PG, 111 min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 Robin and the Hoods Comedy starring Naomie Harris and Darcey Ewart. (2024, PG, 101 min) ★★
1.40 AM **The Tiger Rising** Family drama starring Dennis Quaid. (2022, PG, 102min) ★★★
3.30 **Ride On** Action drama. (2023, PG, 126min) ★★★
5.40 **to 7.30** AM **It Takes Two** Family comedy starring Mary-Kate and Ashley Olsen. (1995, U, 97min) ★

Sky Cinema Action

307 307 407 507 521

6.25 AM **SAS: Red Notice** Thriller. (2021, 15, 90min) ★★★
8.30 **The Patriot** Epic drama. (2000, 15, 167min) ★★★
11.20 **Rumble in the Bronx** Action comedy starring Jackie Chan. (1996, 15, 89min) ★★★
1.05 PM **Man of Steel** Fantasy. (2013, 12, 143min) ★★★
3.30 **Jurassic Park** Monster thriller. (1993, PG, 127min) ★★★★★
5.40 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★

8.00 The Lost World

8.00 The Lost World: Jurassic Park Steven Spielberg's monster adventure sequel starring Jeff Goldblum and Julianne Moore. A survivor of the Jurassic Park catastrophe goes to a second island also populated by genetically engineered dinosaurs. (1997, PG, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

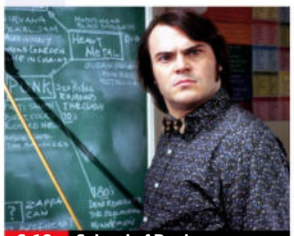
10.20 Fast & Furious Presents Hobbs & Shaw Action adventure spin-off starring Dwayne Johnson and Jason Statham. Luke Hobbs and Deckard Shaw team up to stop a major terror threat. (2019, 12, 137min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Godzilla x Kong: The New Empire** Fantasy. (2023, 12, 115min) ★★★
2.50 **One More Shot** Thriller. (2023, 15, 102min) ★★
4.45 **to 7.00** AM **The Killer** Thriller. (2024, 15, 125min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

6.45 AM **The Terminal** Comedy drama. (2004, 12) ★★★★
8.55 **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
10.25 **Lake George** Crime thriller. (2024, 15, 118min) ★★★★
12.20 PM **How to Lose a Guy in...**
2.20 **The Wedding Singer** Comedy. (1998, 12, 97min) ★★★★★
4.10 **How to Lose a Guy in 10 Days** Comedy. (2003, 12) ★★★
6.10 **School of Rock** Comedy. (2003, PG, 109min) ★★★★


6.10 School of Rock

8.00 Dumb and Dumber Comedy starring Jim Carrey and Jeff Daniels. Two friends embark on a cross-country journey to return a beautiful woman's briefcase. (1994, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 American Pie: The Wedding Teen comedy sequel starring Jason Biggs. The old friends rally round when two of the gang decide to get married, but much goes wrong before the big day. (2003, 15, 96min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **13 Going on 30** Comedy. (2004, 12, 98min) ★★★
1.10 AM **Role Models** Comedy. (2008, 15, 99min) ★★★★
2.55 **Friendship** Comedy. (2025, 15, 101min) ★★★★
4.40 **Sky Cinema Preview**
5.40 **to 7.45** AM **It's Complicated** Romantic comedy drama. (2009, 15, 115min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Serenity** (2019, 15) ★★★
7.50 **The Towering Inferno** Disaster movie. (1974, 12) ★★★★
10.40 **Absolution** Crime thriller. (2024, 15, 112min) ★★★
12.40 PM **Amongst the Wolves** Thriller. (2024, 15) ★★★
2.30 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
4.25 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
6.10 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★

10.00 The Bikeriders

8.00 Speak No Evil Horror starring James McAvoy and Aisling Franciosi. A dream holiday turns into a nightmare when an American family stay at a British couple's idyllic estate. With Mackenzie Davis and Scoot McNairy. (2024, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

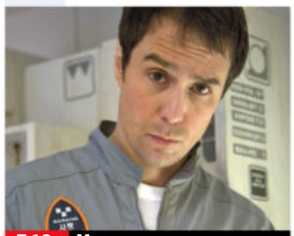
10.00 The Bikeriders Crime drama starring Tom Hardy, Jodie Comer and Austin Butler. Over a decade, a motorcycle club evolves from a gathering of local outsiders to a sinister gang. With Michael Shannon. (2023, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Machete** Action thriller. (2010, 18, 104min) ★★★
1.50 AM **American Gangster** Ridley Scott's crime drama. (2007, 18, 157min) ★★★★
4.30 **The Cinema List: Brit Hits**
4.45 **to 6.40** AM **Psycho** Horror remake. (1998, 15, 100min) ★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Local Hero** Comedy. (1983, PG, 110min) ★★★★
1.15 PM **Hail the Conquering Hero** Comedy. (1944, b/w, U) ★★★
3.20 **Gun Fury** Western drama. (1953, U, 83min) ★★★
5.00 **Jason and the Argonauts** Adventure. (1963, U) ★★★★
7.10 **Moon** Sci-fi thriller starring Sam Rockwell and featuring the voice of Kevin Spacey. (2009, 15, 97min) ★★★★


7.10 Moon

Moon (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 The Pope's Exorcist Horror starring Russell Crowe. Father Gabriele Amorth, chief exorcist for the Vatican, investigates the possession of a young boy. With Daniel Zovatto, Alex Essoe and Peter DeSouza-Feighoney. (2023, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.10 **S.W.A.T.** Action thriller starring Samuel L Jackson and Colin Farrell. A billionaire drug lord offers $100million to anyone who can spring him from police custody. (2003, 12, 115min) ★★★
1.30 **to 3.40** AM **xXx: The Next Level** Action sequel with Ice Cube and Samuel L Jackson. (2005, 12, 97min) ★★

11 PM

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Sky Cinema Valentines

302 302 402 502 516

8.15 AM **If You Were the Last** Sci-fi romantic comedy. (2023, 15, 92min) ★★★★
10.00 **Tootsie** Comedy starring Dustin Hoffman and Jessica Lange. (1982, 15, 116min) ★★★★
12.00 NOON **Two Weeks Notice** Romantic comedy starring Hugh Grant. (2002, 12, 101 min) ★★★
1.45 PM **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
3.50 **Little Women** Screen version of Louisa May Alcott's classic tale. (1994, U, 114min) ★★★
5.50 **About Time** Romantic comedy fantasy. (2013, 12, 120min) ★★★
8.00 **Yesterday** Director Danny Boyle's fantasy comedy starring Himesh Patel and Lily James. (2019, 12, 116min) ★★★
10.00 **You've Got Mail** Romantic comedy, a remake of the 1940 film *The Shop Around the Corner*, starring Tom Hanks and Meg Ryan. (1998, PG, 114min) ★★★
12.05 AM **Jerry Maguire** Comedy drama starring Tom Cruise. (1996, 15, 139min) ★★★★
2.30 **Little Women** As 3.50pm.
4.35 **to 6.30** AM **Between the Temples** Comedy drama starring Jason Schwartzman. (2024, 15, 111 min) ★★★★

Sky Cinema Greats

304 304 404 504 518

7.40 AM **Jackie Chan's First Strike** Thriller. (1996, 12, 83min) ★★
9.10 **Streetfighter** Martial arts action drama. (1994, 12, 102min) ★★
11.00 **Last Action Hero** Action fantasy. (1993, 15, 130min) ★★★
1.15 PM **Twister** Disaster movie. (1996, PG, 114min) ★★★
3.15 **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. (1991, PG, 138min) ★★
5.40 **The Fisher King** Terry Gilliam's urban fable with Robin Williams. (1991, 15, 137min) ★★★★★
8.00 **Legends of the Fall** Sweeping period drama set in early 20th-century Montana starring Brad Pitt, Anthony Hopkins, Aidan Quinn and Julia Ormond. (1994, 15, 133min) ★★★★
10.15 **A Clockwork Orange** Stanley Kubrick's satire based on the novel by Anthony Burgess, starring Malcolm McDowell. (1971, 18, 136min) ★★★★
12.35 AM **Fatal Attraction** Thriller. (1987, 15, 120min) ★★★★
2.35 **Sleepers** Fact-based drama. (1996, 18, 146min) ★★★
5.05 **to 7.00** AM **Escape from Alcatraz** Fact-based prison drama starring Clint Eastwood. (1979, 15, 112min) ★★★★

Sky Cinema Animation

305 305 412 500 514

7.25 AM **Fox and Hare Save the...**
8.50 **Rango** Animated western. (2011, PG, 103min) ★★★★
10.50 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
12.50 PM **The Pirates! In an Adventure with Scientists** Animation. (2012, U) ★★★★
2.30 **Flushed Away** Animation. (2006, U, 85min) ★★★★
4.00 **The Angry Birds Movie** Animation. (2016, U) ★★★
5.50 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
7.40 **Hotel Transylvania** Animation. (2012, U, 91 min) ★★★★
9.25 **Madagascar** Animated comedy (2005, U, 86min) ★★★★
11.05 **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** (2021) ★★★
12.35 AM **The Canterville Ghost** Animation. (2023, PG) ★★
2.15 **Fox and Hare Save the Forest** Animated family adventure. (2024, U, 71min) ★★★
3.40 **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★★
5.20 **to 7.10** AM **Boonie Bears: Guardian Code** Animation. (2023, PG, 96min) ★★★

Movies 24

312 313 419

7.00 AM **Wish Upon a Wedding** Drama. (2023, PG, 85min) ★★
9.00 **A Pinch of Portugal** Romantic drama. (2023, PG, 84min) ★★
11.00 **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★
1.00 PM **Adventures in Love & Birding** Romantic drama. (2025, PG, 84min) ★★
3.00 **The Professional Bridesmaid** Drama. (2023, PG, 90min) ★★
5.00 **My Argentine Heart** Romantic comedy. (2025, PG, 84min) ★★
7.00 **Hearts Under the Olive Tree** Romantic comedy with Jenna Michno and Sam Schweikert. (2023, PG, 89min) ★★
9.00 **Junebug** Fantasy drama starring Autumn Reeser. A book editor is inspired to get her life in order when she receives visions of her eight-year-old self. (2024, PG, 84min) ★★
11.00 **Fashionably in Love** Romantic comedy. (2023, PG, 87min) ★★
1.00 AM **An Easter Bloom** Drama starring Aimee Teegarden. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Betty's Bad Luck In Love** Romantic comedy. (2024, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Black Saddle** 20/20. (S1)
6.30 **A Touch of the Sun** Comedy. (1956, b/w, U, 80min) ★★
8.10 **Murder at the Grange** Thriller. (1952, b/w, PG, 33min) ★★
8.45 **What's On TPTV with Noel**
8.55 **Cotton Queen** Comedy. (1937, b/w, U, 80min) ★★★
10.35 **Cinebox Memories**
10.40 **Celia** Comedy thriller. (1949, b/w, PG, 64min) ★★★
12.00 NOON **The End of the Line** Drama. (1957, b/w, PG) ★★
1.20 PM **The Golden Hawk** Adventure. (1952, U) ★★★
3.00 **Crown Court** Triple bill.
4.30 **Rebecca** 1/2. Drama.
6.30 **Blue Pullman** Documentary.
6.55 **The Brothers** 6/10. (S1)
8.00 **Mark Saber** 9/39. (S4)
8.30 **The Wheeltappers and Shunters Social Club**
9.20 **The Bargee** Comedy starring Harry H Corbett and Julia Foster. (1964, PG, 106min) ★★
11.30 **A Month of Sundays** Heart-warming comedy starring Hume Cronyn. (1990, PG, 110min) ★★
1.30 AM **Crown Court** Triple bill.
3.00 **Planespotting** Drama starring Mark Benton and Lesley Sharp.
4.55 **Cinebox Memories**
5.00 **to 6.00** AM **Burke's Law**

Thursday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 LIVE **DP World Tour Golf** Coverage of day one of the Qatar Masters held at Doha Golf Club.
2.00 PM LIVE **WPL** Coverage of the final from Vadodara International Cricket Stadium. Last year's final saw Mumbai Indians come out on top as they beat Delhi Capitals by just eight runs in a thrilling match.
5.30 **The Premier League Show**
7.00 LIVE **Premier League Darts** Coverage of the opening round of the season staged at Utilita Arena Newcastle. Last season saw Luke Humphries beat Luke Littler 11-8 in the final at the O2 in London to claim the Premier League title for the first time. Humphries had beaten Nathan Aspinall 10-7 to reach the final, while Littler beat Gerwyn Price by the same scoreline in the other semi-final to set up the showdown.
11.00 LIVE **PGA Tour Golf** Coverage of day one of the WM Phoenix Open at TPC Scottsdale in Arizona.
12.30 AM **Sky Sports News**
1.00 **The NFL Honours**
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Netbusters** Recent action.
9.30 **Premier League Stories**
10.00 **Sky Sports FC**
12.00 NOON **Premier League Years**
2.00 PM **PL Retro** Liverpool v Manchester City from 2018.
4.00 **Premier League Stories** Behind the scenes of the Premier League.
4.30 **Netbusters** The weekend's action.
5.00 **The Premier League Show**
7.00 **The Big Interview**
7.30 **Premier League Stories** Behind the scenes of the Premier League.
8.00 **Transfer 360** Former Premier League star Gareth Barry.
8.30 Why Robbie Fowler left Liverpool for Leeds United.
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Transfer 360** Transfers involving Gareth Barry and Robbie Fowler.
11.00 **Premier League Years** A look back at the 1994/95 season.
1.00 AM **PL Retro** Manchester City v Manchester United from 2018.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Greatest Games**
10.00 **EFL Cup** The 2021 final.
11.00 **Best Goals: EFL Cup 2020/21**
11.30 **EFL Trophy Football**
12.00 NOON **EFL Cup**
2.00 PM **EFL Greatest Games**
2.15 **SPFL Highlights**
2.30 **EFL League One Goals**
3.00 **EFL League Two Goals**
3.30 **Bundesliga Highlights Show**
4.30 **WSL** Man United v Liverpool.
5.00 **EFL Highlights** Championship.
6.15 **SPFL Highlights**
6.30 **Bundesliga Weekly**
7.00 **EFL League Two Goals**
7.30 LIVE **EFL Accrington Stanley v Salford City.** Coverage of the League Two match from Wham Stadium. The visitors will be looking for three important points as they fight for promotion. Kick-off **8.00pm**.
10.30 **SPFL Round-Up**
10.45 **SPFL** St Mirren v Hearts.
11.00 **Bundesliga Weekly**
11.30 **EFL League One Goals**
12.00 M'T **EFL Greatest Games**
12.30 AM **1983: When Aberdeen Ruled Europe** Documentary.
1.30 **to 6.00** AM **Greatest Games**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **WPL** Highlights.
7.00 **Under-19s World Cup Cricket**
9.00 **Best of ICC WT20**
9.15 **Best of England v South Africa**
9.30 **Best of ICC WT20**
9.45 **WPL** The eliminator match.
1.15 PM **Best of England v South Africa** Action from 2011.
1.30 **Best of ICC WT20**
1.45 **My Icon** Michael Atherton.
1.50 LIVE **WPL** Coverage of the final from Vadodara International Cricket Stadium. Last year's final saw Mumbai Indians come out on top as they beat Delhi Capitals by just eight runs. The Indians made 149-7 in their 20 overs with Harmanpreet Kaur top scoring with 66 from 44 balls, before they restricted Delhi to 141-9 to claim their second title in three years.
5.30 **Best of ICC WT20**
5.45 **Best of England v South Africa**
6.00 **Under-19s World Cup Cricket**
7.00 **WPL** Tournament highlights.
9.00 **Under-19s World Cup Cricket**
11.00 **WPL** Recent action.
3.30 AM **Best of England v South Africa** Action from 2011.
3.45 **Best of ICC WT20**
4.00 **to 6.00** AM **WPL**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **TGL** Recent action.
8.00 **PGA Tour Golf**
9.00 LIVE **DP World Tour Golf** Coverage of day one of the Qatar Masters held at Doha Golf Club.
2.00 PM **My Ryder Cup**
2.15 LIVE **PGA Tour Golf** Coverage of the early stages of day one of the WM Phoenix Open at TPC Scottsdale in Arizona.
8.30 LIVE **PGA Tour Golf** Further coverage of the opening day of the WM Phoenix Open staged at TPC Scottsdale in Arizona. Belgium's Thomas Detry won last year as he finished seven strokes clear of nearest competitors Daniel Berger and Michael Kim to finish on 24-under-par.
12.30 AM **PGA Tour Champions**
1.30 **The Open – Official Films**
3.30 **PGA Tour Golf**
4.30 **Chronicles of a Champion Golfer** Profiles of leading players.
5.30 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA & ATP Tennis**
9.00 LIVE **WTA & ATP Tennis** Coverage of the Tours, including the WTA Abu Dhabi Open, WTA Ostrava Open, WTA Cluj Open and ATP Montpellier Open.
5.00 PM LIVE **WTA & ATP Tennis** Continued coverage of the Tours, featuring the WTA Abu Dhabi Open at Zayed Sports City International Tennis Centre, WTA Ostrava Open from Ostravar Aréna, WTA Cluj Open at BTarena, and ATP Montpellier Open staged at the Sud de France Arena.
9.30 **ATP Tour This Week**
10.00 **WTA & ATP Tennis**
12.00 M'T **ATP/WTA Tour Classics**
2.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Serie A – Full Impact**
6.30 **Premier League Netbusters**
7.00 **Champions League Magazine**
8.00 **UEFA Europa League & Conference League Magazine**
9.00 **Isuzu UTE A-League Highlights**
9.30 **Premier League Reload**
9.45 **Men's Cycling Pro Series**
10.45 LIVE **Cycling** Coverage of the first stage of the women's UAE Tour.
12.45 PM **TNT Sports Reload**
1.00 **Champions League Magazine**
2.00 LIVE **LIV Golf** Coverage from the second day of the first round staged at Riyadh Golf Club.
8.30 **Serie A – Full Impact**
9.00 **UEFA Champions League**
11.00 **What I Wore** Glenn Hoddle.
11.30 **Serie A – Full Impact**
12.00 M'T **UEFA Champions League**
1.00 AM **UEFA Europa League & Conference League Magazine**
2.00 **Isuzu UTE A-League Highlights**
2.30 **A-League Women Highlights**
3.00 LIVE **A-League Women Wellington Phoenix v Perth Glory.** Coverage of the match at Sky Stadium. Kick-off **3.00am**.
5.00 **TNT Sports Reload**
5.30 **to 6.00** AM **Isuzu UTE A-League Highlights**

TNT Sports 2

411 414 522 409 431

6.00 AM **Original Documentary**
7.00 **Winter Olympic Games**
7.30 **Power of Olympics**
8.00 **Winter Olympic Games**
9.00 LIVE **Winter Olympic Games – Curling Great Britain v Estonia.** The mixed doubles round robin match.
11.00 LIVE **Winter Olympic Games – Ice Hockey Sweden v Germany.** Coverage of the women's Group B match.
1.45 PM LIVE **Winter Olympic Games – Ice Hockey Italy v France.** Coverage of the women's Group B match.
4.15 LIVE **Winter Olympic Games – Ice Hockey USA v Czech Republic.** Coverage of the women's Group A match.
6.15 LIVE **Winter Olympic Games – Snowboarding** Qualifying for the men's snowboard big air.
8.45 LIVE **Winter Olympic Games – Ice Hockey Finland v Canada.** Coverage of the women's Group A match.
10.45 **Winter Olympic Games**
2.00 AM **She Who Dares**
3.00 **to 6.00** AM **Winter Olympics**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **Super Bowl LV Highlights**
8.00 **NFL: America's Game**
9.00 **NFL Highlights** Seattle Seahawks v Los Angeles Rams.
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights** Chicago Bears v Los Angeles Rams.
12.00 NOON **NFL: America's Game** A look back at New England Patriots' 2001 Super Bowl win.
1.00 PM **Good Morning Football**
3.00 **NFL: America's Game** The story of New England Patriots's 2016 Super Bowl success.
4.00 **Super Bowl LVIII Highlights** San Francisco 49ers v Kansas City Chiefs from the 2023/24 season.
5.00 **NFL: America's Game** A look at the Seattle Seahawks' 2013 Super Bowl success.
6.00 **NBC's Pro-Football Talk**
8.00 **Super Bowl LVIII Highlights** San Francisco 49ers v Kansas City Chiefs from the 2023/24 season.
10.00 **Super Bowl** A second round of interviews with people involved in the NFL's showpiece match.
12.00 M'T **The Insiders** NFL news.
1.00 AM **The NFL Honours**
4.00 **NFL Bitesize Highlights**
5.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 LIVE **WTA & ATP Tennis** Coverage of the Tours, including the WTA Abu Dhabi Open, WTA Ostrava Open, WTA Cluj Open and ATP Montpellier Open.
5.00 PM LIVE **WTA & ATP Tennis** Continued coverage of the Tours, featuring the WTA Abu Dhabi Open at Zayed Sports City International Tennis Centre, WTA Ostrava Open from Ostravar Aréna, WTA Cluj Open at BTarena, and ATP Montpellier Open staged at the Sud de France Arena.
7.00 LIVE **Premier League Darts** Coverage of the opening round of the season staged at Utilita Arena Newcastle. Last season saw Luke Humphries beat Luke Littler 11-8 in the final at the O2 in London to claim the Premier League title for the first time. Humphries had beaten Nathan Aspinall 10-7 to reach the final, while Littler beat Gerwyn Price by the same scoreline in the other semi-final to set up the showdown.
11.00 **Sky Sports News**
1.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **NRLW** The Grand Final.
8.00 **WPL** The eliminator match.
9.00 LIVE **Golf** Coverage of the second day of the African Amateur Championship at Royal Johannesburg in South Africa.
12.00 NOON **Super League**
3.00 PM **Super Bowl LV Highlights**
5.00 **NFL Highlights**
7.00 **WPL** Action from the eliminator match held at Baroda Cricket Association Stadium in Vadodara.
8.00 **Super League Highlights**
9.00 **Women's State of Origin** Action from New South Wales Sky Blues v Queensland Maroons.
10.00 **PL Retro** Manchester United v Tottenham Hotspur in 1998/99.
12.00 M'T **PL Greatest Games**
1.00 AM **Formula 1** Highlights.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **ATP & WTA Tour**

TNT Sports 3

413 415 523 410 432

6.00 AM LIVE **Snooker World Grand Prix** The third day.
9.00 **What I Wore**
9.30 **Fishing: On the Bank**
10.30 **Cyclocross** In Maldegem.
11.30 LIVE **UEC Track Cycling Elite European Championship** The fifth day in Konya, Turkey.
2.30 PM LIVE **Men's Cycling Pro Series** Coverage of the second stage of the Tour of Valencia.
4.00 **Ultimate Pool** Recent action.
5.30 **Serie A – Full Impact**
6.00 **Premier League Features**
7.30 **TNT Sports Reload**
8.00 **Cycling** Recent action.
10.00 **Longines Jumping World Cup**
11.00 **Fishing: On the Bank**
12.00 M'T **Ultimate Pool**
1.30 AM **TNT Sports Reload**
2.00 **Cycling** Recent action.
4.00 **International T20 Cricket**
5.00 **to 6.00** AM LIVE **Snooker World Grand Prix** Day four from Kai Tak Arena in Hong Kong.

TNT Sports 4

414 416 524 411 434

6.00 AM **Australian Open**
9.00 LIVE **Winter Olympic Games – Curling South Korea v Italy.**
11.00 LIVE **Winter Olympic Games – Alpine Skiing** Men's downhill.
12.30 PM **Original Documentary**
1.30 LIVE **Winter Olympic Games – Curling Norway v Canada.** The mixed doubles round robin match.
3.30 LIVE **Winter Olympic Games – Ice Hockey USA v Czech Republic.** Coverage of the women's Group A game.
6.00 LIVE **Winter Olympic Games – Curling Canada v Italy.** Mixed doubles.
8.00 LIVE **Winter Olympic Games – Ice Hockey** Finland v Canada. The women's game.
10.45 **TNT Sports Reload**
11.00 **UFC Main Event** Archive action.
5.30 **to 6.00** AM **What I Wore**

Premier Sports 1

419 551

6.00 AM **Sporting Greats**
6.30 **Eredivisie Highlights**
7.30 **NHL Ice Hockey**
9.30 **NASCAR** Cook Out Clash.
10.30 **Brasileiro Serie A**
12.30 PM **LaLiga Match Highlights**
1.00 **URC in 60** Recent action.
2.00 **NHL on the Fly**
3.00 **Eredivisie Highlights**
4.00 **LaLiga Match Highlights**
4.30 **World of FreeSports**
5.00 **Coppa Italia** Inter Milan v Torino.
6.55 **LaLiga Match Highlights**
7.25 **Argentine Primera Highlights**
7.55 LIVE **Coppa Italia Atalanta v Juventus.** The quarter-final. Kick-off **8.00pm**.
10.15 **LaLiga Match Highlights**
10.30 **NHL Ice Hockey**
12.30 AM LIVE **NHL Ice Hockey Tampa Bay Lightning v Florida Panthers.** Eastern Conference match. Face-off **12.30am**.
3.30 **NHL Ice Hockey**
5.00 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **NHL Ice Hockey**
7.30 **LaLiga** Getafe v Celta Vigo.
9.30 **Football's Greatest**
10.00 **NHL Ice Hockey**
12.00 NOON **Eredivisie**
2.00 PM **Football's Greatest**
2.30 **United Rugby Championship**
4.25 **Football's Greatest**
4.55 **NHL Tonight** Defensemen.
5.55 LIVE **Swedish Hockey League Malmo v Rogle.** Face-off **6.00pm**.
8.30 **NHL: This is Hockey**
9.00 **NHL Specials** Florida Panthers.
10.00 **NHL Ice Hockey**
12.00 M'T LIVE **NHL Ice Hockey New York Rangers v Carolina Hurricanes.** The Eastern Conference match from Madison Square Garden. Face-off **12.00m't**.
3.00 **to 6.00** AM LIVE **NHL Ice Hockey Vegas Golden Knights v Los Angeles Kings.** Coverage of the Western Conference match from T-Mobile Arena. Face-off **3.00am**.

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1**
8.00 **Formula 1**
10.30 **F1: Barcelona Shakedown**
11.00 **Formula 1**
2.00 PM **Ted's Notebook**
2.30 **F1 Barcelona Shakedown**
3.00 **Formula 1** A chance to see the 2025 São Paulo Grand Prix.
7.40 **F1: Rules of Engagement**
7.45 **Ted's Notebook**
8.15 **Toleman Story**
9.00 **Formula 1** Highlights of the 2025 São Paulo Grand Prix.
10.00 The 2025 Las Vegas GP.
11.00 The 2025 Qatar GP.
12.00 M'T **to 6.00** AM **The Best of F1**

Friday

6 February

Evening Planner

Winter Sports

Winter Olympics Opening Ceremony
BBC2, 6.30pm
The Winter Games are officially opened with a ceremony at the San Siro in Milan.

Chat Show

The Graham Norton Show
BBC1, 10.40pm
Graham's guests tonight include stars of the upcoming adaptation of *Wuthering Heights*, Jacob Elordi and Margot Robbie.

Drama

Silver Haze
BBC2, 11pm
A young nurse, Franky (Vicky Knight), who is still coming to terms with a past traumatic event, falls for a patient.

OnDemand

prime

Finding Harmony: The King's Vision
Available today
Looking at the King's lifelong battle to help protect our planet.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Amanda & Alan's Greek Job		8.30 Would I Lie to...	9.00 Death in Paradise		10.00 News; Local News	10.40 Graham...
	102 BBC2	◂ 6.30 Winter Olympics: Opening Ceremony – Live: Coverage of the curtain-raiser to the Games						10.00 QI	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 It'll Be... †	8.00 Emmerdale	8.30 Coronation...	9.00 Devil in Disguise: John Wayne Gacy		10.05 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Frontline: Our Soldiers Facing Putin		9.00 Gogglebox		10.00 The Last Leg	
	105 5	7.00 Jewels of the Mediterranean		8.00 Jane McDonald: From Pole to Pole		9.00 The 1970s: Those Were the Days			10.30 Sex Dolls &...
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 A League of Their Own: Mexican Road...		9.00 Ted			10.30 Josh...
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Deadly 60	8.00 Top Gear		9.00 Guy Montgomery's Guy Mont-Spelling Bee Australia			
	116 BBC4	7.00 TOTP: 1999		8.00 TOTP: 1978	8.30 TOTP: 1989	9.00 TOTP: 1976		10.15 Nana Mouskouri at the BBC	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Olivia Attwood: Getting Filthy Rich	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 The Dog House		9.00 Astrid: Murder in Paris		10.05 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 First Dates		9.00 Film: Knives Out			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent				10.00 Matlock	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 Under Salt Marsh		10.00 Task	
	110 U&GOLD		7.20 Dad's Army	8.00 Only Fools and Horses				10.00 Not Going Out	10.40 Only...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Doc Martin				10.00 Foyle's War	
	120 ITV4	◂ 5.15 Racing: Friday Night – Live: Coverage from Newcastle				9.00 Ice Road Truckers		10.00 Wrestling: AEW Dynamite	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Bradley & Barney Walsh: Breaking Dad		10.00 Out of Order	
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld		10.05 The Leftovers	
	113 SKY MAX	7.05 Stargate SG-1		8.05 Never Mind the Buzzcocks		9.00 An Idiot Abroad		10.00 The 90s: Cinema's Greatest Decade	
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise		9.00 CSI: Vegas		10.00 I, Jack Wright	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Billy Joel: And So It Goes			
	132 U&W	7.00 My Kitchen Rules: New Zealand				9.00 Inside the Ambulance		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Gold Rush		9.00 Expedition Files		10.00 Expedition Unknown	
	162 ANIMAL PLANET	7.00 Treehouse Masters: Out on a Limb		8.00 Intruders		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 America's Deadliest Volcano Disaster	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 History's Greatest Aircraft		9.00 Soviet Storm: WWII in the East		10.00 Ancient Aliens: Origins	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 'Allo 'Allo!				10.05 Bangers & Cash	
	121 SKY DOCS	7.05 The Jinx: The Life and Deaths of...		8.00 Hitsville: The Making of Motown				10.00 Be Water	
FILMS – Sky Cinema	301 PREMIERE	◂ 6.10 The Cut		8.00 M3GAN 2.0					10.10 The Naked Gun
	302 VALENTINES	◂ 6.00 The Wedding Singer		8.00 The Wedding Banquet				10.00 Fifty Shades of Grey	
	303 BUDDY FILMS	◂ 6.05 The Hangover		8.00 The Hangover Part II				10.00 The Hangover Part III	
	304 GREATS	◂ 5.55 Jaws		8.00 Jaws 2				10.00 Jaws 3	
	305 ANIMATION	◂ 5.45 Monsters vs...	7.30 Dog Man			9.15 Hotel Transylvania 2			
	306 FAMILY	◂ 6.00 IF		7.55 Journey to the Center of the Earth			9.40 Journey 2: The Mysterious Island		
	307 ACTION	◂ 6.05 The Legend of Tarzan		8.00 Jurassic Park III			9.45 Batman		
	308 COMEDY	◂ 6.15 Team America: World Police		8.00 Two Weeks Notice			9.45 American Reunion		
	309 THRILLER	◂ 5.40 The Perfect Storm		8.00 Snatch				10.00 GoodFellas	
	310 DRAMA	◂ 5.40 Jerry Maguire		8.00 The Shawshank Redemption					10.25 The Post
	311 SCI-FI	◂ 5.40 The Matrix Reloaded		8.00 The Matrix Revolutions					10.10 The Matrix: Resurrections
	313 FILM4	◂ 6.25 Hidden Figures				9.00 Bohemian Rhapsody			
SPORT	401 MAIN EVENT	◂ 3.30 Golf – Live	7.30 FNF – Live: Leeds United v Nottingham Forest (Kick-off 8.00)						
	402 PREMIER LEAGUE	7.00 PL Preview	7.30 FNF – Live: Leeds United v Nottingham Forest (Kick-off 8.00)						
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Charlton Athletic v Queens Park Rangers (Kick-off 8.00)						10.30 EFL Cup4
	405 CRICKET	7.00 ICC Under-19s World Cup Cricket		8.00 ICC Men's T20 World Cup		9.00 WPL			
	410 TNT SPORTS 1	◂ 2.00 LIV Golf – Live: From Riyadh Golf Club in Saudi Arabia			8.30 PREM Rugby Cup – Live: Leicester Tigers v Newcastle Red Bulls			10.01 Lions Uncut: Australia 2025	
	411 TNT SPORTS 2	◂ 5.30 Winter Olympic Games – Live: Coverage of the opening ceremony of the games							10.30 Curling

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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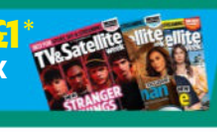


Friday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain: Holidays** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Father Brown** New episode *The Shadow of Lazarus:* 5/10. The crime-solving priest takes on Father Lazarus. (S13) (S)(AD) ■ Entire series on BBC iPlayer
2.45 **Escape to the Country** (S)(R)(AD)
3.45 **Clean It, Fix It** (S)(R)
4.30 **Antiques Road Trip** New edition A search for antiques in Nottingham and Derby. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Amanda & Alan's Greek Job

7 PM

7.00 **The One Show** Angellica Bell and JB Gill present the topical show. (S)
7.30 **Amanda & Alan's Greek Job** New edition 7/8. Creating a Greek-themed bathroom and a reading room. (S)(AD) ■ Entire series on BBC iPlayer

8 PM

8.00 **Amanda & Alan's Greek Job** Series finale 8/8. The duo reveal the house transformation with a farewell party. (S)(AD)
8.30 **Would I Lie to You?** New edition With Eddie Kadi, Lucy Beaumont, Josh Pugh and Rebecca Lucy Taylor. (S)

9 PM

9.00 **Death in Paradise** New episode 2/8. A couples therapist is found drowned at sea off the coast of her exclusive retreat, and Mervin gets more than he bargained for when he tracks down his wayward brother. (S15) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **The Graham Norton Show** New edition The host catches up with guests Margot Robbie, Jacob Elordi and Amanda Seyfried. Plus, Jacob Alon performs *Don't Fall Asleep*. (S)
11.30 **RuPaul's Drag Race UK vs the World** 2/8. The queens breathe new life into old looks in the Runway Ru-Mix, and RuPaul teases a brand new twist that comes with game-changing powers. (S)(R)
12.45 AM **FILM The Last Letter from Your Lover** Romantic drama starring Shailene Woodley, Callum Turner and Felicity Jones. (S) (2021, 12, 100min) ★★★
2.25 **Weather for the Week Ahead** (S)
2.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.15 AM **Antiques Road Trip** (S)(R)
7.00 **Homes Under the Hammer** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **LIVE Winter Olympics** Great Britain v Sweden: The curling mixed doubles round-robin match. (S)
11.00 **BBC News** (S)
12.15 PM **Political Thinking with Nick Robinson** Topical discussion. (S)
12.45 **Bridge of Lies** Quiz show. (S)(R)
1.30 **LIVE Winter Olympics** South Korea v Great Britain: The curling mixed doubles round-robin match. (S)
3.30 **The Vintage French Farmhouse**
4.15 **Natural World: Giant Otters of the Amazon** Documentary. (S)(R)
5.15 **Flog It!** From Essex. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Fatiha El-Ghorri, Patrick Grant, Mr Motivator and Lauren Oakley. (S)

6.00 House of Games

7 PM

6.30 **LIVE Winter Olympics: Opening Ceremony** Coverage of the curtain-raiser to the Games from the San Siro in Milan, Italy. The likes of five-time Grammy Award-winner Mariah Carey, Golden Globe-winning singer-songwriter Laura Pausini, famed tenor Andrea Bocelli and actor and producer Pierfrancesco Favino provide entertainment. Elsewhere, there will be lighting and extinguishing at two separate Olympic cauldrons for the first time, at Arco della Pace in Milan, and Piazza Dibona in Cortina d'Ampezzo, and athlete parades in the latter as well as Predazzo and Livigno. *See Winter Olympics Guide, pages 27-35.* (S)

10 PM

10.00 **QI** Sandi Toksvig looks at a welter of 'whatnots', with Sally Phillips, Andrew Maxwell, Joanne McNally and Alan Davies. (S)(R)
10.30 **Newsnight** (S)
11.00 **FILM PREMIERE Silver Haze** Drama starring Vicky Knight and Esmé Creed-Miles. A nurse injured in a childhood fire falls in love with a patient. (S) (2023, 15, 100min) ★★★ *See review, page 25.*
12.40 AM **Sign Zone: Our Man in Moscow** Following a year in the life of the BBC's Russia Editor, Steve Rosenberg. (S)(R)
1.40 **Sign Zone: Winterwatch** (S)(R)
2.40 **Sign Zone: Digging for Britain** (R)
3.40 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team assess items in Bradford, where Alison Chapman has her eye on a jewellery gift for her 10-year-old granddaughter. (S)(R)(AD)
3.00 **Time Is Money** Quick-fire quiz show hosted by Sara Davies. (S)(R)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Jade takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.30 Coronation Street

7 PM

7.30 **It'll Be Alright on the Night** New edition Tom Allen celebrates backstage bloopers, featuring Jimmy Carr, Judi Love, Paddy McGuinness, Susanna Reid and David Mitchell. Plus, a fire alarm wrecks the recording of *Coronation Street*. (S)

8 PM

8.00 **Emmerdale** Paddy tries to control the situation, while Gabby and Lydia are shocked. (S)(AD)
8.30 **Coronation Street** Debbie begs Carl to attend her sentencing in court, and Bernie accepts help from Mal. (S)(AD)

9 PM

9.00 **Devil in Disguise: John Wayne Gacy** New episode 2/8. Officers excavate the crawl space beneath Gacy's home, while the contractor shows where he disposed of Rob's body. (S)(AD) ■ Entire series on ITVX

10 PM

10.05 **ITV News** (S)
10.40 **Local News** (S)
10.50 **FILM Hellboy II: The Golden Army** Comic-book horror starring Ron Perlman. The demonic Hellboy faces the fight of his life when an elf prince breaks the ancient truce between the creatures of the underworld and humankind. (S)(AD) (2008, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.45 AM **Teleshopping**
3.00 **Tour de Fred: Ireland – Part Deux** 5/5. Fred is joined by his daughter Andrea Spendolini-Sirieix in West Cork. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 4-6/26. (S8) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S11 & 1) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition It's crunch time for Tara and Branton's painting experiences in Tuscany. (S)
5.00 **Chateau DIY: Win the Dream** New edition The final of heat two sees the contestants manage a group of workaways to transform the château grounds. (S)(AD)
6.00 **A Place in the Sun** New edition A couple seek a holiday home on the island of Tenerife. (S)

8.00 Frontline: Our Soldiers Facing...

7 PM

7.00 **News** (S)

8 PM

8.00 **NEW SERIES Frontline: Our Soldiers Facing Putin** 1/2. Documentary offering a fly-on-the-wall view into how the West is facing up to its greatest military test since the Cold War. (S)(AD)

9 PM

9.00 **NEW SERIES Gogglebox** The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(AD)

10 PM

10.00 **The Last Leg** New edition Adam Hills, Josh Widdicombe and Alex Brooker are joined by celebrity guests including artist and writer Grayson Perry for a comic review of the past seven days. Plus, music by Tyler Ballgame. (S)
11.05 **Joe Lycett: More, More, More! How Do You Lycett? How Do You Lycett?** Stand-up show. (S)(R)
12.05 AM **FILM Daddy's Home** Comedy with Will Ferrell and Mark Wahlberg. (S)(AD) (2015, 12, 100min) ★★★
1.45 **Ramsay's Hotel Hell** (S)(R)(AD)
2.35 **Travel Man: 48 Hours in Rotterdam** (S)(SL)(R)(AD)
3.00 **Four in a Bed** Five editions. (S)(R)
5.20 **to 6.00** AM **Couples Come Dine with Me** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Discussion. (S)
3.00 **The Madame Blanc Mysteries** *Where Eagles Dare:* 6/6. A man is attacked after trying to sell a rare trinket. (S4) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Kaye and Graham gamble on half-price breakfasts to revive their bar. (S)
5.00 **News** (S)
6.00 **Love Nature** Series finale 5/5. Cameras focus on a feeding centre in mid-Wales, where wild red kites come every day. (S)
6.05 **The Motorway** (S)(R)
6.55 **News** (S)

7.00 Jewels of the Mediteranean

7.00 Jewels of the Mediterranean New edition A look at the Croatian island of Hvar, which is a magnet for the rich and the famous. (S)
7.55 **News** (S)
8.00 Jane McDonald: From Pole to Pole Series finale 6/6. Jane reaches her final destination, deep in the Arctic Circle, exploring the most northerly inhabited archipelago in the world, Svalbard. (S)
9.00 The 1970s: Those Were the Days 1/2. Documentary looking back at what it was like living through the early 1970s in Britain, featuring news stories, fads, fashions and essential items of the decade. With contributions from Shaun Ryder, Anneka Rice, Anthea Turner, Wayne Sleep and Zoe Lyons. (S)(R)
10.30 NEW **Sex Dolls & Rubber Lovers: Our Secret World** A look at a surprisingly popular British fetish for rubber, in a world where participants alter their personas, change identities and even their gender. (S)
11.30 **Piers Morgan: Uncensored** New edition Opinion-led news and debate show. (S)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Friends** (S2) (S)(R)(AD)
3.45 **Ice Age: A Frozen World** (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S7) (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **S.W.A.T.** 13/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *Blood Feud:* Mr Burns receives a blood transfusion from Bart. (S)(R) **5.30** *Old Money:* Grampa inherits $100,000 from a woman he fell in love with at the rest home. (S)(R)
6.00 **The Office (US)** 14/22. Michael reminisces about his pre-management days. (S)(R) **6.30** 15/22. Michael decides to host a seminar. (S2) (S)(R)

3.00 S.W.A.T.

7.00 The Simpsons *Mr Lisa Goes to Washington:* Lisa wins a trip to Washington in a writing competition. (S)(R) **7.30** *When Flanders Failed:* Ned Flanders opens a shop catering exclusively for left-handed customers. (S)(R)
8.00 A League of Their Own: Mexican Road Trip 4/6. Jamie Redknapp, Micah Richards, Jill Scott and Mo Gilligan explore the city of La Paz, where they have to photograph a sea lion colony while scuba diving. (S)(R)(AD)
9.00 Ted *My Two Dads:* 3/8. Ted and John take revenge on a bully, while Matty agrees to get a colonoscopy. (S)(R)(AD) **9.45** *Ejectile Dysfunction:* 4/8. John and Ted go to extraordinary lengths so that they can watch their first adult film. (S1) (S)(R)(AD)
10.30 Josh Widdicombe: Bit Much... Stand-up show at the London Palladium, in which Josh tackles the hot comedy topics of advent calendars, weddings and the closing time of his local park. (S)(R)
11.45 **True Blood** 7/12. Rumours spread concerning Sookie and Bill's relationship. (S)(R) **12.45** AM 8/12. Bill agrees to let Eric borrow Sookie to use her mind-reading powers to root out a thief. (S1) (S)(R)
1.45 **Road Wars** Double bill. (S)(R)
3.00 **S.W.A.T.** 13/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.15am-12.15pm Homes Under the Hammer (S)(R)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
7.30pm Farm 999 New edition (S) **8.00-9.00** Amanda & Alan's Greek Job New editions (S) **10.40** Would I Lie to You? New episode (S) **11.10** The Graham Norton Show New episode (S) **12.00m't** RuPaul's Drag Race UK vs the World (S)(R) **1.15am** The Weakest Link (S)(R) **2.00-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm House of the Year (S)(R)

WALES
Sky **968**, Freesat **968**
No variations

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Vanished Wales New edition (S)

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cartrefi Cymru **12.30** Heno **1.00** Bois y Pizza: Chwe' Gwlad (AD) **1.30** Cymry ar Gynfas **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cynefin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Deis **6.30** Heno New edition **7.00** Newyddion a'r Tywydd **7.25** LIVE Clwb Rygbi Rhyngwladol – Dan 20: England v Wales. **9.50** Jonathan **10.50-11.55pm** Priodas Pum Mil

TV&Satellite week
New issue on sale now

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants**
7.30 **Deadly 60** Steve Backshall gets close to a sloth bear.
8.00 **Top Gear** The presenters try to improve the ambulance.
9.00 NEW SERIES **Guy Montgomery's Guy Mont-Spelling Bee Australia** 1/8. Game show testing the spelling prowess of top Australian personalities. **9.50** New edition 2/8. Co-host Aaron Chen joins Guy to test the spelling prowess of comedians. ■ Entire series on BBC iPlayer
10.40 **The Traitors Ireland** 5/12. An explosive argument leaves the players reeling. **11.30** 6/12. A shocking turn of events leaves the players unsure of who to believe.
12.25 AM **Sin City: The Real Las Vegas** 1&2/2. Documentary.
1.55 **Top Gear Winter Olympics Special**
2.55 **The Beauty Queen and the Catfish** 1/3.
3.40 **to 3.55** AM **Long Story Short: Beyond**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1999** With Steps and The Beautiful South. **7.30** Performances from Underworld and B*Witched.
8.00 **TOTP: 1978** Music from Lulu and Dusty Springfield.
8.30 **TOTP: 1989** Featuring Samantha Fox and Texas.
9.00 **TOTP: 1976** Music from JJ Barrie and Dolly Parton. **9.35** Performances by The Wurzels and Bryan Ferry.
10.15 **Nana Mouskouri at the BBC** A collection of the singer's performances from the BBC archive.
11.15 **Nana Mouskouri with Demis Roussos, The King's Singers and James Galway** A show from 1976.
12.00 M'T **Presenting Nana Mouskouri** The singer performs with her backing group, The Athenians.
12.30 AM **Nana Mouskouri: Show of the Week**
1.20 **Nana Mouskouri with Wayne Sleep, Morris Albert and The Spinners**
2.05 **TOTP: 1999** Double bill.
3.05 **to 3.35** AM **TOTP: 1978**

MORE4

136/137 127 147 18 124 15

8.55 AM **Strangers on a Plane**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun**
5.55 **Car S.O.S** Tim Shaw and Fuzz Townshend travel to South Yorkshire to pick up a *Car S.O.S* first – a Ferguson TE20 tractor. **6.55** Tim and Fuzz take on a 1924 Austin 7 Chummy – that doesn't actually belong to its 'owner'.
7.55 **The Dog House** A spaniel called Lottie has arrived after escaping from a puppy farm and Raksha may prove to be her 'soul sister'. Meanwhile, Hurricane the husky meets lurcher puppy Peaches.
9.00 **Astrid: Murder in Paris** New episode *Mandala:* 3/8. A friend of Commissioner Bachet is plagued by recurring nightmares about the murder of a Tibetan monk, which Astrid immediately connects to an unsolved murder 20 years earlier. Subtitled. (S5)
10.05 **24 Hours in A&E** Exploring the hopes and expectations of three different men.
11.10 **24 Hours in A&E** Cameras follow a 56-year-old who fell from a ladder at work.
12.15 AM **The Gulf** 6/8. (S2)
1.20 **24 Hours in A&E**
3.30 **to 4.00** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **The Simpsons** *The Flandshees of Innersimpson:* Bart enters the world of celebrity DJ-ing. **7.30** *Judge Me Tender:* Moe gets approached by a TV agent to join the *American Idol* judging panel.
8.00 **First Dates** A retired racing driver is introduced to a champion ballroom dancer.
9.00 FILM **Knives Out** Comedy crime thriller starring Daniel Craig, Chris Evans and Ana de Armas. The apparent suicide of a wealthy crime novelist is investigated by a private detective. With Jamie Lee Curtis. (2019, 12, 130min) ★★★★★
11.40 **Naked Attraction**
1.40 AM **Gogglebox**
2.40 **First Dates**
3.35 **The Goldbergs**
4.50 **to 6.00** AM **Don't Spook the Bride**

+1 hr 235/236 306 30 123 256

Friday primetime primetime

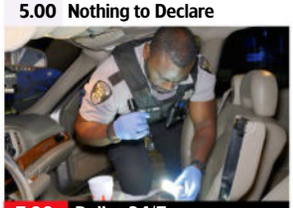
FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 9/22. (S5)
1.00 PM **The Rookie** 2/10. The team gather to celebrate John and Bailey's wedding. (S6)
2.00 **Watson** 11 & 12/13. (S1)
4.00 **Law & Order: Criminal Intent** 13/22. The father of a wealthy socialite is found dead. (S1)
5.00 **Nothing to Declare**


7.00 Police 24/7

7 PM
7.00 **Police 24/7** A traffic stop escalates into a foot chase and a taser being used, while a dispute over food leads to an arrest.

8 PM
8.00 **Law & Order: Criminal Intent** *Identity Crisis:* 3/16. Goren and Eames investigate the murder of a businessman's brother.

9 PM
9.00 **Law & Order: Criminal Intent** *In Treatment:* 4/16. The chief financial officer of a fraudulent hedge fund is killed. (S8)

10 PM
10.00 **Matlock** *Mousetrap:* 5/16. Matty and Olympia try to protect each other from Julian's suspicions. (S2)
11.00 **The Rookie** 10/22. (S4)
12.00 M'T **FBI** 8/22. (S5)
1.00 AM **Law & Order: Criminal Intent** 20/22. (S7)
2.00 **The Rookie** 1 & 3/10. (S6)
4.00 **The Good Doctor** 11/18. (S5)
5.00 **to 6.00** AM **The Force: Manchester**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Boardwalk Empire** (S5)
10.10 **The Sopranos** (S4)
12.20 PM **Game of Thrones** (S5)
2.30 **The Wire** 10 & 11/13. (S4)
4.40 **Westworld** 5/8. Caleb is dosed with an unusual drug. (S3)
5.45 **Deadwood** 1/12. The town is on the threshold of its first elections. (S3)
6.50 **Game of Thrones** 9/10. Daenerys hosts a traditional Meereenese celebration of athleticism. (S5)

5.45 Deadwood

7.55 **Game of Thrones** *Mother's Mercy:* 10/10. Cersei finds herself seeking forgiveness, Jon is challenged, while Daenerys is surrounded by strangers. (S5)

9.00 **Under Salt Marsh** New edition 3/6. Jackie and Bull are forced into an uneasy alliance, but it is tested by a discovery. (S1)

10.00 **Task** *Family Statements:* 2/7. Tom buries himself in the case, while Emily questions her obligations to the family. (S1)
11.10 **Deadwood** As 5.45pm.
12.15 AM **The Sopranos** 9/13. Junior falls down a flight of stairs. **1.20** 10/13. Christopher faces a tough decision. (S4)
2.25 **Game of Thrones** (S5)
4.35 **In Treatment** (S2)
5.05 **to 6.15** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **The Flash** 4/13. (S9)
9.00 **Stargate SG-1** (S7)
11.00 **A League of Their Own: The Rally** As 5.05pm.
12.00 NOON **The Flash** 5/13. (S9)
1.00 PM **Hawaii Five-0** (S10)
3.05 **S.W.A.T.** 13/18. (S4)
4.05 **NCIS: Los Angeles** (S13)
5.05 **A League of Their Own: The Rally** 3/3. The rally ends in the historic city of Turin.
6.05 **Stargate SG-1** 13/22. Carter finds herself mysteriously left alone on the *Prometheus*. (S7)

9.00 An Idiot Abroad

7.05 **Stargate SG-1** *Fallout:* 14/22. The team learn the planet of Kelowna is in danger of being destroyed, and return to prevent a disaster. (S7)
8.05 **Never Mind the Buzzcocks** With Courtney Love, Joel Dommett, Glen Matlock and Abi Harding.

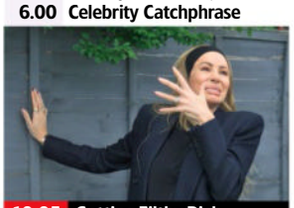
9.00 **An Idiot Abroad** 6/8. Karl heads for Christ the Redeemer in Rio de Janeiro, taking in Brazil's culture along the way.

10.00 **The 90s: Cinema's Greatest Decade** Alex Zane is joined by famous faces to look back at the decade's best movies.
11.00 **Fear the Walking Dead** 10/16. With the Ranch dangerously low on resources, Madison and Walker leave in search of a solution. (S3)
12.00 M'T **The Force: Manchester**
2.00 AM **Road Wars**
3.00 **S.W.A.T.** 13/18. (S4)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Georgia and Tommy**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly Hills** Reality series.
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**


10.05 Getting Filthy Rich

7.00 **Deal or No Deal** Stephen Mulhern hosts as Jason takes on the Banker for the chance to win life-changing money.

8.00 **The Real Housewives of Orange County** New edition The group visit New Orleans and go on a riverboat cruise.

9.00 **Love Island: All Stars** New edition Famous former Islanders are given another shot at finding the one.

10.05 **Olivia Attwood: Getting Filthy Rich** 3/6. Olivia explores the surprisingly lucrative world of the foot fetish.
11.05 **Family Guy** 4/20. Stewie invents a new machine. (S17)
11.35 **Family Guy** 19/20. (S16)
12.05 AM **American Dad!** (S14 & 13)
1.05 **Bob's Burgers** (S12)
2.05 **Totally Bonkers Guinness World Records**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.30 PM **Foyle's War** *The Cage:* The detective investigates a mysterious military facility.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Sleeping Dogs:* A face from the dead returns as Bernie prepares to receive his inherited fortune.

8.00 Doc Martin

6.55 **Heartbeat** *Another Little Piece of My Heart:* Simon Langley-Smythe shoots Rosie's aunt's dog while out on a walk.

8.00 **Doc Martin** *Blood Is Thicker:* 3/9. Al discovers that Bert may not be his biological father and goes in search of the truth.

9.00 **Doc Martin** *Aromatherapy:* 4/9. PC Mylow's hopes of romance are raised when a pretty blonde arrives in the village. (S2)

10.00 **Foyle's War** *Sunflower:* The detective is drawn into the murder of a former high-ranking Nazi who had been hired by MI5 due to his expert knowledge of Soviet intelligence.
11.50 **Trial & Retribution** 7/10. It becomes obvious that a serial killer is on the loose when more victims die. (S10)
12.50 AM **The Larkins** 4/6. (S2)
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 LIVE **Sportscene: Scottish Cup Football** Airdrieonians v St Mirren: All the action from the fifth-round tie at Excelsior Stadium. Kick-off is at 7.45.
10.00 **Still Game** 2/6. A funeral brings the community together, while bootleg alcohol has a sobering effect on Craiglang's residents. (S7)
10.30 **Two Doors Down** 5/6. Christine locks Sophie in the hut when her daughter refuses to tell her who the father of her baby is, while Colin cheats at a game of darts. (S1)
11.00 PM **to 12.00** M'T **Mark Nelson: Live from Dumfries** The comedian performs at his home town's Theatre Royal.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Ballers** 7&8/10. (S2)
10.20 **Sex and the City** (S2)
11.25 **Entourage** (S3)
12.30 PM **Will & Grace** (S5)
1.30 **Sex and the City** (S2)
2.40 **Ballers** 9&10/10. (S2)
3.50 **And Just Like That...**
4.45 **The Office (US)** (S2)
5.45 **Will & Grace** (S5)
6.45 **Community** (S5)
7.45 **Sex and the City** 9/18. Carrie tries to change Big's annoying habits. **8.20** 10/18. Samantha feels the venom of her escort's servant. (S2)
9.00 **Chris Rock: Never Scared** Stand-up show.
10.30 **And Just Like That...** *Alive!* 4/11. Carrie gets an offer to write a column for seniors. (S2)
11.20 **Community** (S5)
12.20 AM **Entourage** (S3)
1.25 **Ballers** (S2)
2.30 **Curb Your Enthusiasm**
3.50 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **LSO: Rattle Conducts Brahms and Shostakovich**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Painting Birds with Jim and Nancy Moir**
3.00 **Anish Kapoor: Stupid Naughty Boy**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Guy Garvey: From the Vaults** From 1980.
9.00 **Billy Joel: And So It Goes** 1 & 2/2. The career of the singer-songwriter.
11.50 **Billy Joel: Live in Rome**
2.20 AM **Greatest Albums Live** Gregory Porter.
3.45 **Classic Albums**
4.45 **to 6.15** AM **National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager** (S6)
7.00 **Star Trek: The Next Generation** 3/26. (S7)
8.00 **Star Trek: Deep Space Nine** *The Dogs of War:* 24/26. Quark receives exciting news. (S7)
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Grimm** 8/22. (S5)
12.00 M'T **Wynonna Earp** (S4)
1.00 AM **Night Cops**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Game show.
2.00 **Tenable** Quiz show.
3.00 **Ant & Dec's Limitless Win** Game show.
4.00 **Time Is Money** Quiz.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** A mother-daughter duo and two cousins take part. **7.00** Two friends and a mother-daughter duo compete in the quiz. **8.00** A married couple and two best pals take part in the quiz show.
9.00 **Alan Carr's Epic Gameshow** The comedian hosts an updated version of classic darts-themed game show *Bullseye*.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable**
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **Chateau DIY: Win the Dream**
1.00 PM **A Place in the Sun**
3.00 **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Grand Designs**
7.50 **The Great Pottery Throw Down** Retro holiday souvenir sets.
9.00 **24 Hours in A&E** Three pedestrians are brought in to Queen's following a roadside accident.
10.00 **24 Hours in Police Custody** Documentary.
11.05 **Gogglebox** Double bill.
1.10 AM **Manhunt**
2.15 **Sky Coppers**
3.20 **999: What Happened Next** Documentary.
4.10 **to 5.00** AM **Mission to Space with Francis Bourgeois**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.20 **The Big Match Revisited**
8.30 **Magnum, PI**
9.35 **Kojak**
10.40 **Boon**
11.50 **The Sweeney**
12.50 PM **Robin of Sherwood**
2.00 **Magnum, PI**
3.05 **Kojak**
4.05 **Boon**
5.15 LIVE **Racing: Friday Night Live** Megan Nicholls presents all the action from the opening meeting of the series, which comes from Newcastle.

3.05 Kojak

LIVE Racing: Friday Night Live (started at 5.15pm)

8.45 **British Touring Cars** A look at some of the biggest crashes from the past 15 years of the British Touring Car Championship.

9.00 **Ice Road Truckers** Lisa Kelly transports a load of explosives, and George Spears reflects on his forthcoming retirement.

10.00 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling, featuring Bryan Danielson and Claudio Castagnoli.
12.00 M'T **Dark Side of the Ring** The case of Chris Benoit.
1.00 AM **Boon**
2.00 **Minder**
2.50 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 20/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 21/26. (S5)
2.00 **The Ark** 9&10/12. (S1)
4.00 **Stargate SG-1** 9/22. (S2)
5.00 **Star Trek: Voyager** 13/16. An assault leaves Chakotay fighting for his life. (S1)
6.00 **Star Trek: The Next Generation** 20/26. Troi's mother causes problems. (S5)

8.00 Stargate SG-1

7.00 **Star Trek: Deep Space Nine** *Soldiers of the Empire:* 21/26. Worf goes on a mission for the Klingon Empire. (S5)

8.00 **Stargate SG-1** *Secrets:* 9/22. A reporter jeopardises the project, and Daniel Jackson learns his wife is pregnant. (S2)

9.00 **Westworld** *Contrapasso:* 5/10. Delores and William find themselves in Pariah, a town built on decadence and transgression. (S1)

10.05 **The Leftovers** *Gladys:* 5/10. A member of the Guilty Remnant becomes the victim of a vicious hate crime. (S1)
11.10 **Wynonna Earp** 12/12. Wynonna and her friends face off against the Widows. (S2)
12.00 M'T **True Blood** 5/12. Sookie connects with one of her own. **1.00** AM 6/12. Sookie embarks on a dangerous mission. (S2)
2.00 **The Ark** 9&10/12. (S1)
4.00 **Wynonna Earp** As 11.10pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 17/22. (S6)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 12/13. (S2)
1.00 PM **Death in Paradise** (S4)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Mentalist** 17/22. (S6)
5.00 **Hudson & Rex** 15/20. Jesse's sister asks him for help. (S5)
6.00 **Father Brown** *The Cup of Calabria:* The priest joins forces with Flambeau to hunt for a priceless holy relic.

9.00 CSI: Vegas

7.00 **Miss Fisher's Murder Mysteries** *Unnatural Habits:* 12/13. A teenager is murdered at a halfway house for girls. (S2)

8.00 **Death in Paradise** *Stab in the Dark:* 1/8. A plantation owner is killed during a seance. Guest stars Don Gilet. (S4)

9.00 **CSI: Vegas** *Scar Tissue:* 2/10. With new evidence at play, Catherine Willows reopens an investigation from her past. (S3)

10.00 **I, Jack Wright** *Salt in the Wound:* 5/6. A revelation threatens to ruin Sally's legal challenge as well as her family life. (S1)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 4/10. While in the hospital, Todd is convinced he has overheard a plot to murder someone. (S2)
1.00 AM **Death in Paradise** (S4)
2.00 **Evil** 5/10. (S3)
3.00 **to 4.00** AM **Far North**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
8.45 **Dad's Army**
9.25 **Are You Being Served?**
10.00 **Porridge**
10.40 **Keeping Up Appearances**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Dad's Army**
2.40 **Are You Being Served?**
3.20 **Porridge**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Porridge**

7.20 Dad's Army

7.20 **Dad's Army** Frazer looks after the platoon's Lewis gun, but finds himself in hot water when he misplaces the spring.

8.00 **Only Fools and Horses** Del and Rodney celebrate a used-car deal with a night out in the West End. **8.40** Del's latest foolproof scheme involves a spot of salmon-poaching. **9.20** Love comes into Del Boy's life when an old flame returns to London.

10.00 **Not Going Out** Lee gets a job distributing leaflets in a shopping centre.
10.40 **Only Fools and Horses** As shown at 8.00pm.
11.20 **Only Fools and Horses**
12.40 AM **Not Going Out**
1.20 **Avoidance** Jonathan goes on a night out with his boss Keith. **2.00** The family head to a zombie-themed hotel.
2.40 **to 4.00** AM **Alma's Not Normal**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gordon's Great Escape**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **How Britain Worked**
11.00 **Rick Stein's Secret France**
12.00 NOON **Bangers & Cash**
2.00 PM **Extreme Fishing with Robson Green** From Canada.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** The duo examine the food that was popular in the 1970s.
6.00 **Rick Stein's Secret France** The seafood chef explores Burgundy and the Auvergne.

10.00 Have I Got a Bit More...

7.00 **Would I Lie to You?** With guests Rhod Gilbert, Nick Grimshaw, Clare Balding and Rob Delaney.
7.40 **Richard Osman's House of Games** With Evelyn Mok and Joe Sugg. **8.20** With Roo Irvine, John Kearns, Diarmuid Gavin and Claire Richards.

9.00 **QI XL** Stephen Fry hosts a Christmas edition of the quiz, with Phill Jupitus, Sarah Millican, Danny Baker and Alan Davies.

10.00 **Have I Got a Bit More News for You** Richard Ayoade hosts the satirical quiz, with Richard Osman and Kiri Pritchard-McLean.
11.00 **Taskmaster** Alex Horne receives a gift from Liza Tarbuck, while Russell Howard invents sticky tape architecture.
12.00 M'T **Mock the Week** With Sophie Duker and Ed Gamble.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Mad Dogs**

+1 hour 211/212 327 74 259

Friday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 20-22/23. (S2)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Boxed In:* 12/24. Tony and Ziva disappear while looking for smuggled weapons. **7.00** *Deception:* 13/24. A commander who knows the location of a shipment of nuclear fuel rods is abducted. Guest stars Zac Efron. **8.00** *Light Sleeper:* 14/24. The wives of two Marines are murdered, and Gibbs suspects it was a professional hit. (S3)
9.00 **Person of Interest** *Karma:* 17/22. Reese and Finch attempt to protect a psychologist. **10.00** *Skip:* 18/22. Reese tries to protect a bounty hunter. (S4)
11.00 **Law & Order: Special Victims Unit** (S19)
2.40 AM **Instinct** 2/11. (S2)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** The hospital suffers a huge backlog of untreated patients.
9.00 **999: Critical Condition** A young woman is admitted with life-threatening head injuries.
10.00 **999: Emergency Call Out** Documentary.
11.00 **Skin A&E**
12.00 M'T **Nightmare Tenants, Slum Landlords**
2.45 AM **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Police Interceptors**
11.00 FILM **My Name is Nobody** Comedy Western with Terence Hill and Henry Fonda. (1973, 15, 115min) ★★★
1.25 PM FILM **Ace High** Spaghetti Western starring Eli Wallach. (1968, 15, 116min) ★★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police: Night Shift 999**
10.00 **Cops** Deputies work together to stay on the tail of a fleeing vehicle. **10.30** Deputies are concerned when a fleeing man leaves a trail of illicit items.
11.00 **Banged Up Abroad**
12.00 M'T **Deadliest Weather: Caught on Camera**
1.00 AM **Ice Road Truckers**
2.00 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.20 AM **MasterChef Australia** Culinary show.
7.25 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: New Zealand** In the Grand Finale, the last two teams go head-to-head for the $100,000 prize as they serve up a four-course menu.
9.00 **Inside the Ambulance** The West Midlands Ambulance Service treat a man who stabbed a police dog.
10.00 **999 Rescue Squad**
12.00 M'T **Louis Theroux: The Most Hated Family in America** Documentary.
1.00 AM **Death at the Mansion: Rebecca Zahau**
1.55 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
8.20 **Doctors**
9.35 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **All Creatures Great and Small**
3.00 **Howards' Way**
4.10 **Bergerac**
5.20 **The Thin Blue Line**
6.00 **Last of the Summer Wine** Triple bill.
8.00 **Father Brown** *The Hand of Lucia:* A local writer is murdered. **9.00** *The Eagle and the Daw:* The priest gets blamed for a murder.
10.00 **New Tricks**
11.20 **Waking the Dead**
12.40 AM **Sister Boniface Mysteries** 1/12. (S2)
1.40 **The Thin Blue Line**
2.25 **Last of the Summer Wine** Classic sitcom.
2.55 **to 4.00** AM **Catch Me a Killer**

+1 hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Auschwitz: The Nazis and the Final Solution**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Auschwitz: The Nazis and the Final Solution**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 **'Allo 'Allo!** Four episodes of the wartime comedy.
10.05 **Bangers & Cash** Paul collects a 1971 Jaguar E-Type and a 1933 Morgan Supersport. **11.05** Dave picks up a rare Subaru Impreza and a powerful Ford Escort RS Cosworth.
12.05 AM **Abandoned Engineering** Double bill.
2.05 **to 3.00** AM **Masters of Reinvention**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Gower.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
9.00 **Unsellable Houses** New edition Lyndsay and Leslie undertake a 1950s rambler with a rough exterior. **10.30** A couple start over in North Carolina.
10.00 **My Lottery Dream Home** New editions David helps a Sarasota woman leave her rental. **10.30** A couple start over in North Carolina.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 1-3/22. (S7)
1.00 PM **The Waltons** (S3)
3.00 **Ballykissangel** 5/6. (S1)
4.10 **Hamish Macbeth** (S2)
5.20 **Doctor Finlay** 6/8. (S4)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 2/22. Part two of two. The vaudeville troupe bid farewell. **8.00** 3/22. Father Mulcahy counsels a GI who is plagued by guilt. **8.30** 4/22. The 4077th medics are headhunted for a new team. (S10)
9.00 **FILM Waterworld** Sci-fi action adventure starring Kevin Costner and Dennis Hopper. (1995, 12, 134min) ★★★
11.50 **The New Avengers** (S1)
12.50 AM **The Avengers** (S5)
2.00 **M*A*S*H** (S10)
3.00 **to 5.00** AM **Highway to Heaven**

+1hour 257

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory**
10.00 **FILM Johnson County War: Part Two** Western. (2002, 12, 89min) ★★
12.00 NOON **The High Chaparral** 24/26. (S3)
1.00 PM **FILM Abilene Town** Western. (1946, b/w, 15, 91min) ★★
3.00 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 **FILM Contract to Kill** Action adventure. (2016, 15, 90min) ★★
11.00 **FILM The Trust** Thriller. (2016, 15, 90min) ★★★
1.00 AM **The Avengers**
2.00 **The New Avengers**
2.55 **Police Ten 7**
3.20 **FILM Asteroid: Final Impact** Disaster thriller. (2015, PG, 86min) ★
4.45 **to 6.00** AM **Police Ten 7**

+1hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S4)
11.10 **Castle** 8/23. (S6)
12.10 PM **FILM Guilty Until Proven Innocent** Thriller. (2016, PG, 85min) ★★
2.05 **FILM The Impossible Dream** (2015, PG) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 9/23. (S6)
8.00 **Unforgettable** (S4)
9.00 **FILM Garage Sale Mysteries: The Novel Murders** (2016, PG) ★★
10.55 **FILM Aurora Teagarden Mysteries: Reunited and It Feels So Deadly** Drama. (2020, PG) ★★
12.50 AM **FILM Fatal Flatline** Drama. (2020, PG) ★★
2.35 **FILM Two Wrongs** Thriller. (2015, PG) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1hour 322

Great! Romance

319 317 424 52 47

8.10 AM **FILM Sincerely, Yours, Truly** Romance. (2020, PG, 90min) ★★
10.15 **FILM The Irresistible Blueberry Farm** Drama. (2016, PG, 85min) ★★
12.10 PM **FILM Sweet Home Carolina** Drama. (2017, PG, 84min) ★★
2.05 **FILM Wedding at Graceland** Drama sequel. (2019, PG, 90min) ★★
4.05 **FILM A Whirlwind Wedding** Comedy. (2020, PG, 90min) ★★
6.05 **FILM Wedding Do Over** Drama. (2018, PG) ★★
8.00 **FILM PREMIERE The Boyfriend Trap** Comedy. (2022, PG, 85min) ★★
9.55 **FILM The Clue to Love** Drama. (2021, U) ★★
11.55 **FILM Love Map** Comedy. (2022, PG, 89min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Wedding at Graceland** As shown at 2.05pm.

+1hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Thick as Thieves**
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.00 NOON **The Fenn Street Gang** 4/18. (S3)
12.30 PM **The Lovers** (S2)
1.00 **Wish Me Luck** (S1)
2.00 **The Champions** (S1)
3.00 **Bubblegum & Cheese**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Shine on Harvey Moon**
6.00 **The Dustbinmen** (S1)
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 6/7. (S2)
7.30 **The Brian Conley Show**
8.00 **The Champions** (S1)
9.00 **Wish Me Luck** (S1)
10.00 **FILM The Teacher** Thriller. (1974, 15) ★★
12.00 M'T **Stereo Underground**
1.00 AM **The Kenny Everett New Naughty Video**
2.35 **The Brian Conley Show**
3.05 **The Rewind Jukebox**
4.00 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Guardians of the Glades**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Snow crab season kicks off with the return of the fabled *Cornelia Marie*. **8.00** Crews return to the perilous and icy waters of the Bering Sea.
9.00 **Saving Lives at Sea** A crew battle huge waves to save a surfer. **10.00** The crew are involved in a race to rescue two young men.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's American Adventure**
7.00 **Hairy Bikers Go West**
8.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go West**
4.00 **The Pioneer Woman**
5.00 **Jamie's 15 Minute Meals**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Man v Food** A spicy ramen made with 10 different chillies. **9.30** An enormous omelette in San Diego.
10.00 **NEW SERIES Chef Grudge Match** Taylor Frankel and Maria Busato go head-to-head.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 27/27. (S4)
9.00 **The A-Team** 5/23. (S4)
10.00 **The Invaders** 3/17. (S1)
11.00 **The Twilight Zone** (S2)
11.35 **FILM Silverado** Western with Kevin Kline. (1985, PG, 132min) ★★★
2.20 PM **FILM The Flight of the Phoenix** Adventure. (1965, PG, 142min) ★★★★
5.00 **Star Trek** 10/26. (S2)
6.00 **The Invaders** 4/17. (S1)
7.00 **The A-Team** 6/23. (S4)
8.00 **Walker, Texas Ranger**
9.00 **FILM Survivor** Thriller. (2015, 12, 96min) ★★
10.55 **FILM Things to Do in Denver When You're Dead** Thriller. (1995, 18, 115min) ★★★★
1.10 AM **FILM Fortress** Thriller with Bruce Willis. (2021, 15, 99min) ★★
3.10 **to 5.05** AM **FILM Seal Team VI: Journey Into Darkness** Drama sequel. (2008, 18, 99min) ★★

+1hour 318 371 139

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM Shark Lake** Thriller. (2015, 15) ★★
11.00 **The Lost World** (S1)
12.00 NOON **FILM Brothers of the Frontier** Western. (1995, U, 87min) ★★
2.00 PM **FILM Mammoth** Sci-fi action thriller. (2006, 12, 90min) ★★★
4.00 **Walker, Texas Ranger**
5.00 **FILM Prince Valiant** Arthurian adventure. (1997, PG, 91min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 23/23. (S1)
9.00 **FILM Big Kill** Western starring Jason Patric. (2019, 15, 126min) ★★
11.30 **FILM Acts of Vengeance** Drama with Antonio Banderas. (2017, 15, 87min) ★★
1.15 AM **FILM The Black Torment** Gothic horror. (1964, 15, 85min) ★★★
3.00 **FILM Prince Valiant**
5.00 **to 6.00** AM **The Lost World**

+1hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars Do America**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars Do America**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Alien Files Reopened**
6.00 **Pawn Stars Do America**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **WWE's Greatest Moments** New editions
10.00 **Strange Evidence**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Alien Files Reopened**
2.00 **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Dogs Behaving (Very) Badly** Documentary.
11.00 **Ben Fogle: New Lives in the Wild** From Japan.
12.00 NOON **WWII Battles in Colour** Documentary.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Drain the Oceans**
6.00 **Rob Bell's Engineering Reborn** Documentary.
7.00 **World War II: Secrets from Above**
8.00 **Ben Fogle: New Lives in the Wild** Thailand.
9.00 **Taggart** *Rogues' Gallery*.
10.40 **1988: Those Were the Days** With Jan Leeming.
12.40 AM **Rich House, Poor House** Reality series.
1.40 **Rich Holiday, Poor Holiday** Reality series.
2.45 **Paul Martin's Antiques Showdown**
3.35 **Britain's Greatest Bridges** From Bristol.
3.55 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** Four stars of *Emmerdale* pit their wits against the Chaser.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire?** Quiz show.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Family team the Mancunian Jacks take part in the quiz. **7.00** A team of charity colleagues take part.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** With guests David Grant, Jonnie Peacock, Pixie McKenna and Andy Hamilton.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Triple bill.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at: **8.00** 4/24. Emily learns about Raj's past. **8.30** 5/24. The girls go on a trip to Vegas. (S8)
9.00 **90 Day Fiancé: Before the 90 Days** New edition Lisa travels to Nigeria to meet Daniel, Jovon wonders if marrying Annalyn before meeting was a mistake, while Emma and Ziad try to move past their massive fight.
11.00 **Georgie and Mandy's First Marriage**
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** 21&22/22. (S6)
11.00 **Everybody Loves Raymond** (S8)
1.00 PM **Friends** (S7)
7.30 **Friends** 20/24. Rachel meets a college friend. **8.00** 21/24. Chandler tries his best to write his marriage vows. **8.30** 22/24. Chandler visits his father. (S7)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Out of Order**
11.00 **Whose Line Is It Anyway? USA**
12.30 AM **8 Out of 10 Cats**
1.20 **Drunk History: Black Stories** Double bill.
2.20 **Kevin Bridges Live in Glasgow** Stand-up.
3.20 **Dragony Aunts** (S1)
3.30 **Key & Peele**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 18&19/25. (S7)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S7)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 21&22/22. (S6)
7.00 **Everybody Loves Raymond** (S8)
9.00 **Michael McIntyre's Big Show** With Ian Wright.
10.00 **Friends** 18-21/25. (S6)
12.00 M'T **Jimmy Carr's Am I the A**hole?**
1.00 AM **Whose Line Is It Anyway? USA**
1.30 **Spin City** 8/26. (S3)
2.00 **Whose Line Is It...**
4.30 **Spin City** 21&22/22. (S6)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.10 **Bread** 1/6. (S1)
10.50 **Steptoe and Son** (S7)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S4)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 12/13. (S2)
2.45 **Minder** 1/13. (S3)
3.50 **Citizen Smith** 4/7. (S4)
4.25 **Man About the House**
4.55 **You Rang, M'Lord?** (S1)
6.00 **That's 60s: Best Music**
6.10 **Steptoe and Son** (S4)
6.50 **Minder** 1/11. (S4)
7.55 **Rising Damp** 3/6. (S4)
8.25 **Whatever Happened to the Likely Lads?** (S1)
9.00 **Benidorm** 1&2/6. (S1)
9.55 **Shameless** 5/11. (S2)
10.55 **Man About the House**
11.25 **Rising Damp** 7/7. (S1)
11.55 **Benidorm** 1&2/6. (S1)
12.50 AM **Shameless** 5/11. (S2)
1.50 **Kenny Everett Video Show** With Bryan Ferry.
2.30 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

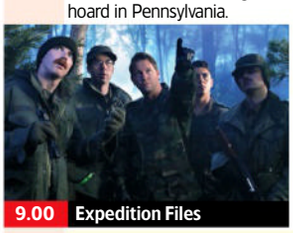
6.00 AM **Teen Cribs**
6.20 **Help! I'm in a Secret Relationship!**
8.00 **Catfish: The TV Show**
9.00 **Catfish: Teams**
10.00 **Catfish: The TV Show**
11.00 **Catfish: Worst Offenders**
12.00 NOON **Catfish: The TV Show** Reality series.
1.00 PM **Catfish: Wannabees**
2.00 **Catfish: The TV Show**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **Teen Mom UK: Next Generation**
8.00 **Teen Mom UK**
9.00 **Skin A&E** Documentary.
10.00 **FILM The Texas Chainsaw Massacre** Horror. (2003, 18) ★★
12.00 M'T **Geordie Shore**
1.00 AM **Geordie Shore: Hot Single Summer**
2.00 **Teen Mom: The Next Chapter**
2.45 **Ink Master: Angels**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Goblin Works Garage**
9.00 **Gold Rush: Mine Rescue with Freddy & Juan**
11.00 **Diesel Brothers**
12.30 PM **Wheeler Dealers**
1.00 **Deadliest Catch** Double bill.
3.00 **How It's Made** Four editions of the documentary, including at: **4.30** Making ceramic tiles.
5.00 **Filthy Fortunes** Matt Paxton helps property owners appraise their lucrative collections. **6.00** Matt tackles a dangerous hoard in Pennsylvania.


9.00 Expedition Files

7.00 Wheeler Dealers Mike showcases the 1968 Chevy Corvette as an example of a real sports car after a disagreement.

8.00 Gold Rush Rick Ness makes a discovery that could end his Vegas Valley dreams, and Kevin Beets scores big at Sphinx Cut.

9.00 Expedition Files New edition Investigating the cases of the Salem Witch Trials, UFOs and Rasputin's murder.

10.00 Expedition Unknown New edition Josh Gates unravels conspiracy theories about the pyramid and scans for passages.

11.00 **Expedition Unknown**
12.00 M'T **Deadliest Catch** New episode Captain Bob overcomes tragedy to launch her late parents' boat.
1.00 AM **Expedition Files**
2.00 **Expedition Unknown**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **River of No Return**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** A camel develops a large abscess on its head. **4.00** A sea lion pup needs help weaning off her mother's milk.
5.00 **Lone Star Law** A warden arrives at a domestic dispute.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Baier and Hector join forces to treat wild bison.

6.00 Dr Jeff: Rocky Mountain...

7.00 Treehouse Masters: Out on a Limb Pete builds an adventure-themed treehouse for a family of explorers.

8.00 Intruders A young couple in Boston are kept awake at night by mysterious noises coming from the ceiling.

9.00 Alaska: The Last Frontier Eve and Eivin find a boat that has capsized during a storm and go searching for survivors.

10.00 Alaskan Bush People A major diagnosis leaves the Brown clan shaken, and forces them to re-evaluate their goals.

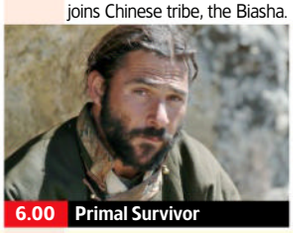
11.00 **In Search of Monsters** The Beast of Bray Road.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Richard E Grant's Seven Deadly Sins** The roots of envy.
2.00 **Treehouse Masters: Out on a Limb** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Secret Nazi Science**
4.00 **WW2's Biggest Wrecks: Drain the Oceans**
5.00 **Ice Road Rescue** Thord and Bjoern join forces when a truck threatens to tip down a hill.
6.00 **Primal Survivor** Hazen Audel joins Chinese tribe, the Biasha.


6.00 Primal Survivor

7.00 Air Crash Investigation How an insect nest was blamed for an accident in which a Boeing 737 didn't respond when contacted.

8.00 Air Crash Investigation The investigation into the crash of a C-130 firebomber battling an epic Australian wildfire.

9.00 Air Crash Investigation Dramatised reconstruction of real-life air disasters, along with interviews with experts and eyewitnesses.

10.00 America's Deadliest Volcano Disaster The eruption of Mount St Helens in 1980, featuring eyewitness accounts.

11.00 **Air Crash Investigation**
12.00 M'T **Toronto Airport Uncovered** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **Abandoned** A paper factory.
2.30 **Bid & Destroy**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Rust Valley Restorers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars**
12.00 NOON **The Abyss: Rise & Fall of the Nazis**
1.00 PM **Ancient Aliens: Origins**
3.00 **Evidence of the Unexplained** Triple bill, including at: **5.00** A look at recently declassified secret UFO files.
6.00 **American Pickers** In Illinois, Robbie and Jersey get exclusive access to a former race car driver's stockpile.

10.00 Ancient Aliens: Origins

7.00 Forged in Fire Four smiths try to salvage steel from a massive railroad track to make their signature big blades.

8.00 History's Greatest Aircraft The Heinkel He 111, one of the most numerous German bombers of World War Two.

9.00 Soviet Storm: WWII in the East Documentary on the Soviet troops' campaign in Rzhev in 1941-42.

10.00 NEW SERIES Ancient Aliens: Origins How different civilisations have shared similar tales about beings from the sky, and how celestial visitors may have played a role in shaping human civilization.

12.00 M'T **Evidence of the Unexplained** Triple bill.
2.50 AM **Soviet Storm: WWII in the East** As 9.00pm.
3.40 **History's Greatest Aircraft**
4.25 **Pawn Stars**
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2010s**
7.00 **Discovering: Harvey Keitel**
8.00 **The Directors**
9.00 **Celtics City**
10.05 **The Jinx: The Life and Deaths of Robert Durst**
11.00 **Scouting for Girls: Fashion's Darkest Secret**
2.00 PM **Germanwings: What Happened on Flight 9525?**
3.45 **My Icon**
4.00 **Discovering: Harvey Keitel**
5.00 **The Directors**
6.00 **Celtics City** 5/9. Larry Bird's epic rivalry with Magic Johnson.

10.00 Be Water

7.05 The Jinx: The Life and Deaths of Robert Durst 5/6. Kathie Durst's family search for the truth about her disappearance.

8.00 Hitsville: The Making of Motown Rare performances, interviews and rarely seen footage come together to paint a picture of the history and origins of the Motown record label.

10.00 Be Water A look at Bruce Lee's time in Hong Kong making four films, exploring questions of identity and representation.

12.00 M'T **Bobby Robson: More Than a Manager** Exploring the career of the much-loved former England, Barcelona and Newcastle United manager.
2.00 AM **Queen of Speed** A look at the career of former rally driver Michele Mouton.
4.00 **The Directors**
5.00 **to 6.15** AM **Discovering: Harvey Keitel**

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Opal Hunters: Red Dirt Road Trip**
12.00 NOON **Outback Opal Hunters** Documentary.
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Drive It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House**
9.00 **The Repair Shop** Restoring a coffee table and a wind-up panda. **10.00** The team work to restore a ship's wheel.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Detroit**
7.00 **Forensic Detectives**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **10 Steps to Murder**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **People Magazine Investigates** New edition Police find a married man dead in a sex den.
10.00 **Mother, May I Murder?**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Donal MacIntyre's UK Killer Evidence** A drug dealer is shot dead in Southampton.
8.00 **48 Hours** New edition Renard Spivey, accused of murdering his wife, opens up about the case.
9.00 **Storm of Suspicion** A suburb of Cleveland is beset by a cruel winter when an unidentified woman's body turns up.
10.00 **Prosecuting Evil with Kelly Siegler** In a Houston neighbourhood, an entire family are found dead after an apparent murder-suicide.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Storm of Suspicion**
3.00 **Prosecuting Evil with Kelly Siegler**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
9.20 **Fatal Attraction**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Fatal Attraction** A decorated navy commander is found dead in a hotel room. **3.00** A university student is found dead.
4.00 **48 Hours** Documentary.
5.00 **Medical Detectives** A retired veteran is found dead on his boat. **5.30** A man's second wife is charged with the murder of his first. **6.00** A 4th July weekend in 2003 soon turns into a tragedy. **6.30** A family mourn the unexpected death of a beloved grandmother.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **Police 24/7**
8.00 **Send in the Dogs**
9.00 **Brit Cops: Law & Disorder** Documentary.
10.00 **Police 24/7**
11.00 **World's Most Evil Killers**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **I Love You, Now Die: The Commonwealth vs Michelle Carter**
1.00 AM **Police 24/7**
2.00 **Murders That Shocked...**
3.00 **Murder Uncut**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Border Security USA**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Bronze Age Apocalypse**
9.40 **Jungle War**
10.50 **Peleliu: WWII's Most Well-Preserved...**
12.00 NOON **The Wheelchair President** Documentary.
1.00 PM **75 Years of Nato: New Challenges and Chances** Documentary.
2.05 **Bronze Age Apocalypse**
3.10 **Jungle War**
4.20 **Peleliu: WWII's Most Well-Preserved...**
5.30 **The Wheelchair President** Documentary.
6.35 **Bronze Age Apocalypse**
7.35 **Jungle War**
8.45 **Peleliu: WWII's Most Well-Preserved Battlefield** A small island in Micronesia.
9.55 **The Wheelchair President** Documentary.
10.55 **Bronze Age Apocalypse**
12.00 M'T **Jungle War**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

Sky Nature

145 113/114 189 354 369

6.00 AM **Wildest New Zealand**
7.00 **Monkey Life**
8.00 **Africa's Wild Year**
9.00 **Hope for Wildlife**
10.00 **Great Blue Wild**
11.00 **Wildlife ER**
12.00 NOON **Wild Canary Islands**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Year**
3.00 **Hope for Wildlife**
4.00 **Great Blue Wild**
5.00 **Wildlife Icons**
6.00 **Wild Canary Islands**
7.00 **Monkey Life** Double bill.
8.00 **Extraordinary Animals**
9.00 **Leopard Dynasty: The Rise of Rana** Documentary following a leopard as it fights to secure its place in Jhalana's territory.
10.00 **Wild Canary Islands**
11.00 **Wildlife Icons**
12.00 M'T **Wildlife ER**
1.00 AM **Wildest New Zealand**
2.00 **Extraordinary Animals**
3.00 **Leopard Dynasty: The Rise of Rana** As shown at 9.00pm.
4.00 **Africa's Wild Year**
5.00 **to 6.00** AM **Hope for Wildlife**

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Swamp Mysteries with Troy Landry** As shown at 5.00pm.
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Encounter: UFO**
2.00 **Secrets of Great British Castles**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Mystery Places**
5.00 **Swamp Mysteries with Troy Landry** Troy gets a call from a rancher with a huge problem.
6.00 **What on Earth?**
7.00 **Battle 360**
8.00 **Combat Ships**
9.00 **The Nostradamus Effect**
10.00 **Secrets Declassified with David Duchovny**
11.00 **Ancient Aliens**
1.00 AM **Encounter: UFO**
2.00 **Secrets of Great British Castles**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Mystery Places**
5.00 **to 6.00** AM **Empire Builders**

Discovery Science

167 148 179

8.00 AM **Alien Highway**
11.00 **Richard Hammond's Big**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made**
9.00 **The Dino Hunters** Montana rancher Clayton finds what might be a rare and valuable fossil on his family's property. In Wyoming, Mike and his son uncover a triceratops horn. **10.00** Clayton continues his excavation of a rare, carnivorous dinosaur on his Montana ranch. In Wyoming, Mike and Jake prepare to sell their prized T-Rex fossil.
11.00 **Tesla's Death Ray: A Murder Declassified** Historians and scientists explore the life and work of inventor Nikola Tesla. **12.00** M'T The team investigate the site of Tesla's former laboratory in Colorado Springs.
1.00 AM **How the Universe Works** Triple bill of the documentary.
4.00 **to 6.00** AM **Richard Hammond's Big**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Meet, Marry, Murder**
2.00 PM **Last Night Out**
3.00 **Accident, Suicide or Murder?**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Meet, Marry, Murder** An estranged husband is suspected of murder.
9.00 **My Strange Arrest** New editions An alleged presidential candidate attempts to arrest a cop. **9.30** A school principal is arrested in connection with an underage party.
10.00 NEW SERIES **Court Cam** Double bill of editions.
11.00 **Ozark Law**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The First 48**
2.00 **Interrogation Raw**
3.00 **Homicide Hunter**
4.00 **Court Cam**
5.00 **to 6.00** AM **Meet, Marry...**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Last of the Giants: Wild Fish**
10.00 **World's Weirdest**
11.00 **National Parks: USA**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Deadly Dozen**
3.00 **Bizarre Animal Friends**
4.00 **Secrets of the Zoo: North Carolina** Documentary.
5.00 **Ultimate Airport Dubai**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo** Four wild cats take a trip to meet James Corden on *The Late, Late Show*.
8.00 **Hostile Planet** An exploration of the animal kingdom's most incredible survival stories. **9.00** Bear Grylls narrates footage of the wildlife in the world's grasslands.
10.00 **Life Below Zero: First Alaskans**
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Africa's Deadliest**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181

7.00 AM **Expedition Unknown: Hunt for Extraterrestrials**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Strange 'alien' deposits.
1.00 PM **NASA's Unexplained Files**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Expedition Unknown: Hunt for Extraterrestrials** Josh Gates interviews witnesses to a UFO sighting in Zimbabwe.
9.00 **Paranormal Declassified**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** Henry Cole arrives in the Kakadu National Park.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Abandoned Engineering**
5.00 PM **Sorry!**
8.15 **Sorry!** 6/6. Timothy asks his sister to help in his bid to leave his mother, but a surprise awaits them as they prepare for an early-morning flit. (S1) **8.50** 1/6. Timothy makes plans to seduce Veronica at his bring-a-bottle party, though he must first get his parents to go on a second honeymoon. **9.30** 2/6. Timothy attempts to put his dreams into practice as his promotion interview looms – by taking up sleepwalking. **10.10** 3/6. Timothy escapes his mother's attentions for the first time in his life, but becomes unaccountably jealous when cousin Brinsley wins her favour. **10.50** 4/6. When Timothy's rich Aunt Esme visits the family, it brings out his nagging mother's snobbish streak. (S2)
11.30 **Sorry!**
4.50 **to 6.00** AM **Emma Willis: Delivering Babies**

+1hour 266 376

ID

154 140 166

8.00 AM **Still a Mystery**
9.00 **Faking It: Tears of a Crime**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland**
1.00 PM **Faking It: Tears of a Crime**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Forbidden: Dying for Love**
7.00 **People Magazine Investigates** A case from 1992 in which two teenagers went missing. **8.00** The case of Chris Smith, who moved to southern California with dreams of success. After making a fortune, he decided to travel the world, but never returns home.
9.00 **American Monster: Abuse of Power** The true cost of the USA women's gymnastics doctors' methods emerge.
10.00 **Portals to Hell** A natural springs resort in Tennessee.
11.00 **Haunted Towns**
12.00 M'T **The Dead Files**
2.00 AM **Forbidden: Dying for Love**
4.00 **to 6.00** AM **People Magazine Investigates**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Sewer Divers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried: Classic Cars**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Vintage Voltage**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Sewer Divers**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried: Classic Cars**
8.00 **Roadworthy Rescues**
9.00 **Kevin Hart's Muscle Car Crew** Kevin and the crew take a trip to the Irwindale Drag Strip.
10.00 **Sewer Divers**
11.00 **Wheeler Dealers World Tour**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** Richard pushes the Smallest Cog to clinch their most important restoration.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.10 AM **Super Charlie** (2025)
8.40 **Prisoner of War** As 1.30am.
10.40 **The Cut** As shown at 6.10pm.
12.30 PM PREMIERE **M3GAN 2.0**
2.40 **The Ballad of Wallis Island** Comedy drama with Tim Key. (2025, 12, 100min) ★★★★
4.30 **Smurfs** Fantasy comedy featuring the voice of Rihanna. (2025, PG, 89min) ★★
6.10 **The Cut** Psychological thriller starring Orlando Bloom. (2024, 12, 99min) ★★★

8.00 M3GAN 2.0

8.00 PREMIERE **M3GAN 2.0** Sci-fi thriller sequel starring Allison Williams and Violet McGraw. Two years after robot M3GAN's rampage, her creator is forced to resurrect the doll to take down a military-grade weapon. (2025, 15, 120min) ★★★ *See review, page 21.*
SEX ●●● VIOLENCE ●●● LANG ●●●

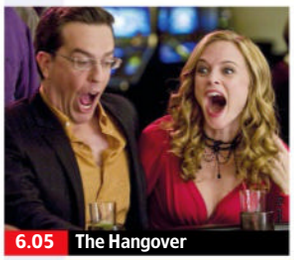
10.10 **The Naked Gun** Comedy reboot starring Liam Neeson. Following in the footsteps of his father, Frank Drebin Jr must save his police department by cracking a murder case. (2025, 15, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Toxic Avenger** Thriller. (2023, 18, 102min) ★★★
1.30 AM **Prisoner of War** Thriller. (2025, 15, 112min) ★★★
3.40 **Beast of War** Horror thriller. (2025, 15, 87min) ★★★★
5.20 **to 6.00** AM **Super Charlie** Animation. (2025, PG, 82min)

Sky Cinema Buddy Films

303 303 403 503 517

6.45 AM **Semi-Pro** (2008, 15) ★★
8.20 **The 40-Year-Old Virgin** Comedy. (2005, 15) ★★★★
10.20 **Talladega Nights: The Ballad of Ricky Bobby** Comedy. (2006, 15, 108min) ★★★★
12.25 PM **Superbad** (2007) ★★★★
2.25 **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
4.15 **Wayne's World 2** Comedy sequel. (1993, PG) ★★★
6.05 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★


6.05 The Hangover

8.00 **The Hangover Part II** Dark comedy sequel starring Bradley Cooper and Ed Helms. A drug-fuelled bachelor party in Bangkok leaves three friends looking for the bride's vanished brother despite severe memory loss. (2011, 15, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Hangover Part III** Dark comedy sequel starring Bradley Cooper. The friends go in search of a Chinese criminal after they are captured by his mobster rival. (2013, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Role Models** Comedy with Paul Rudd and Seann William Scot. (2008, 15, 99min) ★★★★
1.35 AM **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
3.20 **Wayne's World 2** As 4.15pm.
5.10 **to 6.50** AM **Police Academy 3: Back in Training** Comedy sequel. (1986, PG, 82min) ★

Sky Cinema Drama

310 310 410 510 524

7.50 AM **The Post** As 10.25pm.
9.50 **I, Tonya** Biopic starring Margot Robbie. (2017, 15, 119min) ★★★★
11.50 **Joker: Folie à Deux** Thriller. (2024, 15, 138min) ★★★★
2.10 PM **About a Boy** Comedy drama. (2002, 12, 101min) ★★★★
4.00 **Poison** Drama with Tim Roth. (2024, PG, 86min) ★★★★
5.40 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★

8.00 **The Shawshank Redemption** Prison drama with Tim Robbins and Morgan Freeman. A mild-mannered banker convicted of murder forms an unlikely friendship with a fellow convict. (1994, 15, 142min) ★★★★★
10.25 **The Post** Steven Spielberg's fact-based drama starring Meryl Streep and Tom Hanks. In 1971, American newspapers race to expose a government cover-up of Vietnam War secrets. (2017, 12, 113min) ★★★★

12.25 AM **The Brutalist** Epic drama starring Adrien Brody. When a couple flee Europe in 1947, their new lives in the US are changed by a strange client. (2024, 18, 215min) ★★★★★
3.50 **to 6.10** AM **American Sniper** Biopic. (2014, 15, 127min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.05 AM **InnerSpace** Sci-fi comedy thriller. (1987, PG, 119min) ★★★
8.10 **Waterworld** Sci-fi action adventure with Kevin Costner. (1995, 12, 134min) ★★★
10.25 **Van Helsing** Fantasy adventure. (2004, 12, 132min) ★★★
12.40 PM **2012** Epic disaster movie. (2009, 12, 158min) ★★★
3.20 **The Matrix** Sci-fi action thriller. (1999, 15, 136min) ★★★★

5.40 **The Matrix Reloaded** Sci-fi thriller sequel with Keanu Reeves. (2003, 15, 137min) ★★★★
8.00 **The Matrix Revolutions** Sci-fi thriller sequel starring Keanu Reeves. (2003, 15, 129min) ★★★
10.10 **The Matrix: Resurrections** Sci-fi action thriller sequel starring Keanu Reeves. To find out if his reality is a physical or mental construct, Mr Anderson – aka Neo – has to choose to follow the white rabbit once more. (2021, 15, 148min) ★★★

12.40 AM **Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
2.25 **Die Alone** Apocalyptic drama. (2024, 15, 91min) ★★★★
4.00 **The Pact** Mystery thriller. (2012, 15, 85min) ★★★
5.35 **to 6.15** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.30 AM **Grow** Family comedy. (2025, PG, 107min) ★★★★
9.25 **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111 min) ★
11.25 **Journey to the Center of...**
1.05 PM **Journey 2: The Mysterious Island** As 9.40pm.
2.45 **A Minecraft Movie** Fantasy. (2025, PG, 101 min) ★★★
4.30 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
6.00 **IF** Fantasy. (2024, U) ★★★

9.40 Journey 2

7.55 **Journey to the Center of the Earth** Adventure starring Brendan Fraser. A trio of unlikely explorers stumble upon a volcanic passage to the centre of the Earth. (2008, PG, 92min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Journey 2: The Mysterious Island** Fantasy adventure sequel starring Dwayne Johnson, Michael Caine and Josh Hutcherson. A teenager and his stepdad encounter bizarre creatures on a South Pacific island. (2012, PG, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **The Next Karate Kid** Martial arts adventure sequel. (1994, PG, 104min) ★★
1.25 AM **It Takes Two** Family comedy. (1995, U, 97min) ★
3.15 **Breaking Point** Drama. (2023, 12, 102min) ★★★
5.10 **to 6.35** AM **Friend or Foe** Drama. (1981, U, 70min) ★★★

Sky Cinema Action

307 307 407 507 521

7.00 AM **Hellboy** Horror fantasy. (2004, 12, 122min) ★★★★
9.15 **Gunpowder Milkshake** Thriller. (2021, 15, 114min) ★★★
11.10 **The Lost World: Jurassic Park** Monster adventure sequel. (1997, PG, 129min) ★★★
1.20 PM **The Patriot** Epic drama. (2000, 15, 167min) ★★★
4.05 **Godzilla x Kong: The New Empire** (2023, 12) ★★★
6.05 **The Legend of Tarzan** Adventure. (2016, 12) ★★★

6.05 The Legend of Tarzan

8.00 **Jurassic Park III** Thriller sequel starring Sam Neill and William H Macy. A palaeontologist gets stranded on an island containing genetically engineered dinosaurs. (2001, PG, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Batman** Tim Burton's comic-book adventure starring Michael Keaton and Jack Nicholson. Gotham City's mysterious black-cloaked vigilante tackles a psychotic villain known as The Joker. With Kim Basinger. (1989, 15, 121 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The Fall Guy** Action comedy starring Ryan Gosling. (2023, 12, 126min) ★★★★
2.15 AM **Fast & Furious Presents Hobbs & Shaw** Adventure. (2019, 12, 137min) ★★★
4.35 **to 6.30** AM **Novocaine** Action comedy starring Jack Quaid. (2024, 15, 80min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.45 AM **The Terminal** Comedy drama. (2004, 12) ★★★★
9.55 **Hope Springs** (2012, 12) ★★★
11.40 **The Brady Bunch Movie** Spoof. (1995, 12, 89min) ★★★
1.15 PM **Ferris Bueller's Day Off** Comedy. (1986, 12) ★★★★
3.00 **Jackass Presents: Bad Grandpa** (2013, 15) ★★★
4.45 **Jackass Presents: Bad Grandpa .5** (2014, 15) ★★
6.15 **Team America: World Police** Spoof. (2004, 15) ★★★★

9.45 American Reunion

8.00 **Two Weeks Notice** Romantic comedy with Sandra Bullock and Hugh Grant. Opposites attract when a liberal lawyer goes to work for a billionaire property tycoon. (2002, 12, 101 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **American Reunion** Comedy sequel starring Jason Biggs and Alyson Hannigan. The group of friends get together some 13 years after leaving high school. (2012, 15, 108min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Jackass: The Movie** Slapstick comedy with Johnny Knoxville. (2002, 18, 87min) ★
1.10 AM **Jackass 3** Comedy sequel. (2010, 15, 93min) ★★
2.50 **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
4.25 **Sky Cinema Preview**
5.00 **to 6.40** AM **Sex Tape** Comedy starring Cameron Diaz. (2014, 15, 94min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.40 AM **Sky Cinema Preview**
7.35 **The Surfer** (2024, 15) ★★★★
9.25 **Sharp Corner** Thriller. (2024, 15, 110min) ★★★★
11.25 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★
1.35 PM **Layer Cake** Thriller. (2004, 15, 105min) ★★★★
3.35 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
5.40 **The Perfect Storm** Fact-based action drama. (2000, 12, 129min) ★★★★

5.40 The Perfect Storm

8.00 **Snatch** Guy Ritchie's crime comedy drama starring Jason Statham, Benicio Del Toro, Brad Pitt and Dennis Farina. A group of small-time British crooks plan to steal a diamond from an American mobster. (2000, 18, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **GoodFellas** Martin Scorsese's gangster drama based on the memoirs of a real-life Mafia hood. Stars Robert De Niro, Ray Liotta and Joe Pesci. (1990, 18, 143min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **American Gangster** Ridley Scott's crime drama starring Denzel Washington. (2007, 18, 157min) ★★★★
3.10 **Psycho** Horror chiller remake. (1998, 15, 100min) ★
5.05 **to 6.40** AM **The Last Stop in Yuma County** Crime thriller. (2023, 15, 90min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Destroyer** War drama. (1943, b/w, U, 99min) ★★
1.05 PM **The Devil at 4 O'Clock** Adventure starring Spencer Tracy. (1961, PG, 126min) ★★
3.40 **Midway** World War Two drama. (2019, 12, 138min) ★★★★
6.25 **Hidden Figures** Fact-based drama, with Taraji P Henson, Octavia Spencer, Janelle Monáe and Kevin Costner. (2016, PG, 127min) ★★★★

6.25 Hidden Figures

Hidden Figures (film started at 6.25pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Bohemian Rhapsody** Biopic starring an Oscar-winning Rami Malek. While Queen become one of the biggest rock bands in the world, Freddie Mercury struggles with his personal life. With Lucy Boynton and Gwilym Lee. (2018, 12, 134min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.45 **Benedetta** Historical drama with Virginie Efira and Charlotte Rampling. A 17th-century nun in Italy who has disturbing visions develops a romantic affair with another woman. (2021, 18, 131 min) ★★★
2.20 **to 4.00** AM **In Fear** Horror starring Iain De Caestecker, Alice Englert and Allen Leech. (2013, 15, 81 min) ★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema Valentines

302 302 402 502 516

6.30 AM **She Came to Me** Comedy drama starring Peter Dinklage. (2023, 15, 102min) ★★★★
8.25 **Boy Meets Boy** Romantic drama. (2021, 15, 75min) ★★★
9.50 **Between the Temples** Comedy. (2024, 15, 111 min) ★★★★
11.50 **About Time** Romantic comedy fantasy. (2013, 12, 120min) ★★★
2.00 PM **Yesterday** Fantasy comedy. (2019, 12, 116min) ★★★
4.00 **You've Got Mail** Romantic comedy starring Tom Hanks. (1998, PG, 114min) ★★★
6.00 **The Wedding Singer** Romantic comedy starring Adam Sandler. (1998, 12, 97min) ★★★★★
8.00 **The Wedding Banquet** Comedy drama starring Bowen Yang. (2025, 15, 103min) ★★★
10.00 **Fifty Shades of Grey** Erotic drama based on EL James' best-selling novel, starring Jamie Dornan and Dakota Johnson. (2015, 18, 120min) ★★
12.15 AM **Fifty Shades Darker** Erotic drama sequel starring Jamie Dornan. (2017, 18, 118min) ★
2.25 **Fifty Shades Freed** Erotic drama sequel. (2018, 18, 105min) ★
4.25 **Sky Cinema Preview**
5.25 **to 7.20** AM **Bonus Track** Comedy. (2023, 12, 98min) ★★★

Sky Cinema Greats

304 304 404 504 518

7.00 AM **The Godfather** Francis Ford Coppola's classic gangster saga. (1971, 15, 167min) ★★★★★
9.55 **The Godfather Part II** Francis Ford Coppola's epic gangster sequel starring Al Pacino. (1974, 18, 200min) ★★★★★
1.15 PM **The Godfather Part III** Concluding chapter of Francis Ford Coppola's grand gangster epic. (1990, 15, 162min) ★★★★
4.05 **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
5.55 **Jaws** Steven Spielberg's thriller starring Roy Scheider. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★
8.00 **Jaws 2** Adventure thriller sequel starring Roy Scheider, Murray Hamilton and Lorraine Gary. (1978, PG, 115min) ★★★
10.00 **Jaws 3** Adventure thriller sequel starring Dennis Quaid. (1983, 12, 99min) ★★
11.40 **Pulp Fiction** Comedy thriller. (1994, 18, 154min) ★★★★★
2.15 AM **Escape from Alcatraz** Fact-based prison drama. (1979, 15, 112min) ★★★★
4.10 **to 6.00** AM **Shenandoah** Western starring James Stewart. (1965, PG, 101min) ★★★★

Sky Cinema Animation

305 305 412 500 514

7.10 AM **Rango** As 2.40am.
9.00 **Paws of Fury: The Legend...**
10.45 **The Angry Birds Movie** Animation. (2016, U) ★★★
12.35 PM **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
2.20 **The Ogglies** Animation. (2021, PG, 85min) ★★★
4.00 **Mr Peabody & Sherman** Animation. (2014, U) ★★★★
5.45 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
7.30 **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
9.15 **Hotel Transylvania 2** Animated comedy sequel featuring the voice of Adam Sandler. (2015, U, 89min) ★★★
11.00 **The Garfield Movie** Animated adventure with the voice of Chris Pratt. (2023, U, 101 min) ★★★
12.50 AM **Paws of Fury: The Legend of Hank** Animated comedy. (2022, PG, 98min) ★★★
2.40 **Rango** Animated western. (2011, PG, 103min) ★★★★
4.40 **Lego DC Comics Super Heroes: Justice League vs Bizarro League** Animation. (2015, U, 49min) ★★★
5.45 **to 7.20** AM **Open Season: Scared Silly** (2015, PG) ★★★

Movies 24

312 313 419

7.00 AM **An American in Austen** Comedy. (2024, PG, 84min) ★★
9.00 **You, Me, and that Mountain Retreat** Romantic comedy. (2023, PG, 86min) ★★
11.00 **The Real West** Romantic comedy. (2024, PG, 84min) ★★
1.00 PM **A Safari Romance** Comedy. (2023, PG, 84min) ★★
3.00 **The Story of Love** Romantic comedy. (2022, PG, 91 min) ★★
5.00 **Romantic Friction** Romantic comedy. (2023, PG, 90min) ★★
7.00 **Journey to You** Romantic drama starring Erin Cahill. (2025, PG, 84min) ★★
9.00 **Hearts in the Game** Romantic comedy starring Erin Cahill and Marco Grazzini. A publicist attempts to save the reputation of her high-school boyfriend, now a famous baseball player. (2023, PG, 84min) ★★
11.00 **Heart of the Manor** Romantic comedy. (2021, PG, 85min) ★★
1.00 AM **Wish Upon a Wedding** Romance starring Kabby Borders. (2023, PG, 85min) ★★
3.00 **to 5.00** AM **CrimeTime: Freefall** Mystery drama. (2024, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Law of the Plainsman**
6.30 **The Turners of Prospect Road** Comedy. (1947, b/w, PG, 89min)
7.45 **Those People Next Door** Comedy starring Jack Warner. (1952, b/w, U, 74min) ★★★
9.20 **Penny Serenade** Comedy drama starring Cary Grant. (1941, b/w, U, 120min) ★★★
11.40 **A Cry from the Streets** Drama. (1958, b/w, U, 100min) ★★★
1.35 PM **The Long Memory** Thriller. (1952, b/w, PG, 97min) ★★★
3.35 **Rebecca** 2/2. Drama.
5.35 **The Four Feathers** Adventure. (1939, U, 130min) ★★★★★
7.50 **Look at Life**
8.00 **Z Cars** 21/31. (S1)
9.00 **Cellar Club with Caroline Munro**
9.05 **The Omega Factor** 10/10. (S1)
10.05 **Cellar Club with Caroline Munro**
10.10 **Tormented** Horror with Richard Carlson and Susan Gordon. (1960, b/w, 18, 75min) ★★★
11.45 **Cellar Club with Caroline Munro**
11.50 **Hammer House of Mystery and Suspense** 6/13. (S1)
1.20 AM **Murder East – Murder West** One-off Cold War thriller.
3.25 **The Second Woman** Thriller. (1951, b/w, PG, 91 min) ★★
5.15 **Look at Life**
5.30 **to 6.00** AM **Out of Town**

Friday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **LIVE ICC Under-19s World Cup Cricket** The final from Harare Sports Club in Zimbabwe.
3.30 PM **LIVE PGA Tour Golf** Coverage of the early stages of day two of the WM Phoenix Open at TPC Scottsdale in Arizona.
7.30 **LIVE FNF** **Leeds United v Nottingham Forest.** The Premier League clash from Elland Road. Both teams are fighting to stay in the top flight so three points for either side would be a massive result in their quest to retain their Premier League status. The reverse fixture back in November saw Forest take all three points as they came from behind to beat Leeds 3-1 at the City Ground. Kick-off **8.00pm**.
10.45 **LIVE PGA Tour Golf** Further coverage of the second day of the WM Phoenix Open staged at TPC Scottsdale in Arizona.
12.30 AM **Sky Sports News**
5.00 **to 6.00** AM **LIVE** **ICC Men's T20 World Cup** **Pakistan v Netherlands.** The Group A match from SSC Cricket Ground in Colombo.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Stories**
9.30 **The Big Interview**
10.00 **Sky Sports FC**
12.00 NOON **Total Football**
4.00 PM **Fantasy Show**
4.30 **Premier League Preview**
5.00 **Premier League Friday**
7.00 **Premier League Preview**
7.30 **LIVE FNF** **Leeds United v Nottingham Forest.** Coverage of the Premier League encounter from Elland Road. Both sides are fighting to stay in the top flight currently, so three points for either side would be a massive result in their quest to retain their Premier League status. Kick-off **8.00pm**.
10.45 **Premier League Stories**
11.15 **The Big Interview**
11.45 **Premier League One on One**
12.00 M'T **FNF** Action from Leeds United v Nottingham Forest.
12.30 AM **Transfer 360**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **SPFL Greatest Games**
8.00 **EFL Greatest Games**
10.00 **EFL Cup** The 2022 final.
11.00 **Best Goals: EFL Cup 2021/22**
11.30 **EFL Trophy Football**
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Weekly**
1.00 **EFL League One Goals**
1.30 **EFL League Two Goals**
2.00 **SPFL Highlights**
2.45 **EFL Highlights**
3.30 **EFL Cup Highlights**
4.30 **EFL League One Goals**
5.00 **EFL League Two Goals**
5.30 **Bundesliga Weekly**
6.00 **EFL Highlights** League Two.
6.15 **SPFL Highlights**
7.00 **EFL Highlights** Championship.
7.30 **LIVE EFL** **Charlton Athletic v Queens Park Rangers.** Coverage of the Championship encounter at the Valley. The reverse fixture back in late August saw QPR score two late goals to earn themselves a 3-1 victory. Kick-off **8.00pm**.
10.30 **EFL Cup Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **EFL** The 2014/15 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **ICC Under-19s World Cup Cricket** The second semi-final.
7.00 **LIVE ICC Under-19s World Cup Cricket** Coverage of the final staged at Harare Sports Club in Zimbabwe. Australia won the last tournament two years ago after they beat India by 79 runs to claim their fourth title.
3.30 PM **Best of England v South Africa** The 2011 World Cup.
3.45 **Best of ICC WT20**
4.00 **ICC Men's T20 World Cup**
5.00 **WPL** Action from the final.
6.00 **ICC Under-19s World Cup Cricket** The first semi-final. **7.00** Action from the final.
8.00 **ICC Men's T20 World Cup**
9.00 **WPL** Action from the final.
1.30 AM **Best of England v South Africa** The 2011 World Cup.
1.45 **Best of ICC WT20**
2.00 **WPL** Action from the final.
3.00 **ICC Under-19s World Cup Cricket** Action from the final.
4.00 **ICC Men's T20 World Cup**
5.00 **to 6.00** AM **LIVE ICC Men's T20 World Cup** **Pakistan v Netherlands.** The Group A match from SSC Cricket Ground in Colombo.

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **PGA Tour Golf**
9.00 **LIVE DP World Tour Golf** Coverage of day two of the Qatar Masters held at Doha Golf Club.
2.00 PM **My Ryder Cup**
2.15 **LIVE PGA Tour Golf** Coverage of the early stages of day two of the WM Phoenix Open staged at TPC Scottsdale in Arizona.
8.30 **LIVE PGA Tour Golf** Further coverage of the second day of the WM Phoenix Open staged at TPC Scottsdale in Arizona.
12.30 AM **HotelPlanner Tour Golf Highlights** The SDC Open.
1.00 **Beyond the Scorecard**
1.30 **Chronicles of a Champion Golfer** A profile of Jack Nicklaus.
2.00 **The Open – Official Films**
3.00 **PGA Tour Golf** Phoenix Open.
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA & ATP Tennis**
12.00 NOON **LIVE WTA Tennis** Day six of the Abu Dhabi Open, a hard-court tournament at Zayed Sports City International Tennis Centre.
1.30 PM **LIVE WTA & ATP Tennis** Coverage of the Tours, featuring the WTA Abu Dhabi Open at Zayed Sports City International Tennis Centre, WTA Ostrava Open from Ostravar Aréna, WTA Cluj Open staged at BTarena, and ATP Montpellier Open staged at Sud de France Arena.
7.00 **LIVE ATP Tennis** Coverage of day five of the ATP Montpellier Open, a hard-court tournament staged at Sud de France Arena.
9.30 **WTA & ATP Tennis** Highlights from the Auckland Open finals.
11.30 **ATP Tour This Week**
12.00 M'T **ATP/WTA Tour Classics**
2.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE Isuzu UTE A-League** **Wellington Phoenix v Melbourne Victory.** Kick-off **6.00am**.
8.00 **TNT Sports Reload**
8.30 **LIVE Isuzu UTE A-League** **Macarthur Bulls v Perth Glory.** From Campbelltown Sports Stadium. Kick-off **8.35am**.
10.30 **Premier League Reload**
10.45 **LIVE Cycling** The second stage of the women's UAE Tour.
12.45 PM **TNT Sports Reload**
1.00 **Premier League Netbusters**
1.30 **Inside Serie A**
2.00 **LIVE LIV Golf** The third day of the first round of the season at Riyadh Golf Club in Saudi Arabia.
8.30 **LIVE PREM Rugby Cup** **Leicester Tigers v Newcastle Red Bulls.** Coverage of the Pool B match from Mattioli Woods Welford Road. Kick-off **7.45pm**.
10.00 **Lions Uncut: Australia 2025**
11.45 **Playing for Our Future: Rugby**
12.00 M'T **The Breakdown**
12.30 AM **TNT Sports Reload**
1.00 **PREM Rugby Cup**
2.00 **Isuzu UTE A-League**
4.00 **to 6.00** AM **LIVE** **Isuzu UTE A-League** **Auckland FC v Sydney FC.**

TNT Sports 2

411 414 522 409 431

6.00 AM **Winter Olympic Games**
9.00 **LIVE Winter Olympic Games – Curling** **Sweden v Great Britain.** The round robin stage of the mixed doubles event staged at Cortina Curling Olympic Stadium.
11.15 **LIVE Winter Olympic Games – Figure Skating** The first day of the figure skating team event from Milano Ice Skating Arena.
1.30 PM **LIVE Winter Olympic Games – Curling** **Korea v Great Britain.** Coverage from the round robin stage of the mixed doubles event staged at Cortina Curling Olympic Stadium.
3.30 **LIVE Winter Olympic Games – Ice Hockey** **Czech Republic v Switzerland.** Group A match from the women's preliminary round at Milano Santagiulia Ice Hockey Arena.
4.15 **Athletes to Watch**
4.30 **Winter Olympic Games**
5.30 **LIVE Winter Olympic Games** The opening ceremony of the games from the San Siro in Milan.
10.30 **Winter Olympic Games – Curling** Recent action.
12.30 **to 6.00** AM **Winter Olympics**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **Super Bowl LV Highlights**
8.00 **NFL: America's Game**
9.00 **NFL Highlights**
10.00 **The NFL Honours**
12.00 NOON **NFL: America's Game** Action from Denver Broncos' 2015 Super Bowl success.
1.00 PM **Good Morning Football**
3.00 **The NFL Honours** Coverage of the annual ceremony.
5.00 **NFL: America's Game** Action from Philadelphia Eagles' 2017 Super Bowl triumph.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show.
8.00 **Super Bowl LVIII Highlights**. The 2023/24 showpiece match between San Francisco 49ers and Kansas City Chiefs at Allegiant Stadium in Las Vegas, Nevada.
10.00 **Super Bowl Live** A third round of interviews with people involved in the NFL's showpiece match.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **Super Bowl LV Highlights** Action from Tampa Bay Buccaneers v Kansas City Chiefs in the 2020/21 season.
3.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Total Football**
1.30 PM **LIVE WTA & ATP Tennis** Coverage of the Tours, featuring the WTA Abu Dhabi Open at Zayed Sports City International Tennis Centre, WTA Ostrava Open from Ostravar Aréna, WTA Cluj Open staged at BTarena, and ATP Montpellier Open staged at the Sud de France Arena.
7.00 **Sports Centre** A round-up of the sports news with analysis and comments, plus interviews with the headline makers.
10.00 **Sky Sports News**
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 **Sky Sports News**
1.00 AM **Ladies European Tour Golf** The Women's Scottish Open.
2.00 **DP World Tour Golf** The 2022 Dubai Desert Classic. **3.00** Dubai Desert Classic 2024. **4.00** Highlights from the 2025 Genesis Scottish Open.
4.30 **PGA Tour FedEx Cup Play-Offs Official Film 2025**
5.30 **to 6.00** AM **DP World Tour Golf**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **ATP/WTA Tour Classic Matches**
8.00 **WPL** Action from the final.
9.00 **LIVE Golf** Coverage of the third day of the African Amateur Championship held at Royal Johannesburg in South Africa.
1.00 PM **Premier League Darts**
5.00 **WPL** Tournament highlights.
7.00 **NRL** Melbourne Storm v Brisbane Broncos in the Grand Final.
8.00 **NRLW** Sydney Roosters v Brisbane Broncos in the Grand Final.
9.00 **WPL** Action from the final.
10.00 **Women's State of Origin**
11.00 **One Championship Weekly**
11.30 **PL Greatest Games**
12.00 M'T **Formula 1** Highlights.
2.00 AM **PGA Tour Golf**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **ATP & WTA Tour**

TNT Sports 3

413 415 523 410 432

6.00 AM **LIVE Snooker World Grand Prix** The first session of the fourth day at Kai Tak Arena.
9.00 AM **Men's Cycling Pro Series**
11.00 **LIVE Snooker World Grand Prix** The second session of the fourth day at Kai Tak Arena.
3.00 PM **LIVE Men's Cycling Pro Series** Coverage of the third stage of the Tour of Valencia.
4.00 **Premier League Features**
5.30 **Sign Up – Into Football**
6.15 **Premier League Features**
7.00 **TNT Sports Reload**
7.30 **LIVE PREM Rugby Cup** **Leicester Tigers v Newcastle Red Bulls.** Coverage of the Pool B match. Kick-off **7.45pm**.
10.00 **Isuzu UTE A-League**
12.00 M'T **Fishing: On the Bank**
1.00 AM **Premier League Preview**
1.30 **Cycling** Recent action.
3.30 **Premier League Preview**
4.00 **What I Wore** David Seaman.
4.30 **to 6.00** AM **Ultimate Pool**

TNT Sports 4

414 416 524 411 434

6.00 AM **MotoGP** Highlights.
8.00 **Serie A – Full Impact**
8.30 **Premier League Reload**
8.45 **LIVE Winter Olympic Games – Figure Skating** Coverage of day one of the team event staged at Milano Ice Skating Arena.
2.00 PM **LIVE Winter Olympic Games – Ice Hockey** **Czech Republic v Switzerland.** The Group A match from the women's preliminary round.
4.15 **Crouchy and Cole**
4.30 **Ultimate Pool** Recent action.
6.00 **Isuzu UTE A-League**
8.00 **Cycling** UAE Tour second stage.
9.00 **Men's Cycling Pro Series**
10.00 **UFC** Volkanovski v Lopes.
1.00 AM **UFC Main Event**
5.00 **UEFA Champions League**
5.30 **TNT Sports Reload**
5.45 **to 7.45** AM **LIVE** **A-League Women** **Western Sydney Wanderers v Adelaide United.** Kick-off **5.50am**.

Premier Sports 1

419 551

6.00 AM **United Rugby Championship**
8.00 **NHL Ice Hockey** Tampa Bay Lightning v Florida Panthers.
10.00 **Asian Le Mans Series**
11.00 **URC in 60** Recent action.
12.00 NOON **Swedish Hockey League** Malmo v Rogle.
2.00 PM **NHL on the Fly** Catch up on all the latest NHL news.
3.00 **The Rugby Pod** A podcast featuring news and reviews from the world of rugby union.
4.30 **Coppa Italia** Atalanta v Juventus.
6.25 **LaLiga Match Highlights**
7.55 **LIVE LaLiga** Coverage of a Spanish top-flight match.
10.00 **Sporting Countdowns**
10.30 **Eredivisie Highlights** Action from the 21st round of fixtures.
11.30 **LaLiga** Espanyol v Real Valladolid.
1.30 AM **United Rugby Championship** Another chance to see Zebre Parma v Connacht.
3.30 **Sporting Greats**
4.00 **to 6.00** AM **NHL Ice Hockey**

Premier Sports 2

420 552

6.00 AM **NHL: This is Hockey**
6.30 **NHL Tonight** Top 20 wingers.
7.30 **Top 14 Rugby Union**
9.30 **Football's Greatest**
10.00 **NHL Ice Hockey** New York Rangers v Carolina Hurricanes.
12.00 NOON **United Rugby Championship** Another chance to see Benetton v Scarlets.
2.00 PM **Temples of Sport**
2.30 **NHL Ice Hockey** Vegas Golden Knights v Los Angeles Kings.
4.30 **Temples of Sport**
5.00 **Eredivisie** Another chance to see Excelsior v Ajax.
7.00 **Top 14 Rugby Union** Montauban v Bordeaux Begles.
9.00 **Temples of Sport**
10.00 **NHL Ice Hockey** New York Rangers v Carolina Hurricanes.
12.00 M'T **Champions Cup** A replay of Glasgow Warriors v Saracens.
2.00 AM **Football's Greatest**
2.30 **Champions Cup**
4.30 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1**
8.00 **Myles Rowe and Force Indy**
8.45 **Carlos Sainz & the Lie Detector**
9.00 **F1 Academy Highlights**
11.00 **The F1 Show** Race preview.
12.00 NOON **Formula 1** Highlights.
2.00 PM **Ted's Notebook**
2.30 **F1 Barcelona Shakedown**
3.00 **Formula 1** A chance to see the 2025 Las Vegas Grand Prix.
7.35 **Ted's Notebook**
8.05 **Ted Lego Feature**
8.10 **Formula 1** Highlights.
9.00 **Formula 1** Highlights of the 2025 Las Vegas Grand Prix. **10.00** The 2025 Qatar GP. **11.00** The 2025 Abu Dhabi GP.
12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

High Hoops

Mon-Thu, 6.00pm, CBBC & BBC iPlayer

The comedy drama about a school basketball team returns for a second series. We're looking forward to the return of the enthusiastic Aoife (Darci Hull), her mum Bríd (Isy Suttie) and headteacher Mr Holt (Robert Webb).

The Vipers are atill celebrating their big win in the final against arch rivals the Comets when Aoife learns she has to fight to reclaim her captaincy. And what happened with that scholarship offer to play basketball in California?

Happy Birthday Warwick Davis!

Tuesday 3 February

Actor Warwick Davis turns 56 on Tuesday. In a career that started with the role of Wicket the Ewok in 1983's *Star Wars: Return of the Jedi* (available on Disney+), Warwick has starred in the fantasy adventure film *Willow* (also available on Disney+) and as Professor Flitwick (pictured) in the *Harry Potter* films.

WINTER OLYMPICS ANSWERS

QUIZ TIME:

1 B	6 B
2 B	7 B
3 C	8 A
4 C	9 A
5 A	10 A

WORD SEARCH:

A	B	Z	C	A	L	G	A	R	Y	Z	N	J	S
G	R	E	N	O	B	L	E	X	P	O	H	M	A
S	K	S	I	Y	B	L	J	A	M	O	S	U	P
Q	R	T	H	J	D	A	I	M	P	Z	L	L	P
U	H	M	P	W	I	N	C	R	T	O	P	W	O
A	V	O	L	I	N	N	S	B	R	U	C	K	R
W	P	R	X	N	M	L	G	O	N	D	F	B	O
V	U	I	W	M	P	E	Q	K	C	L	P	X	N
A	D	T	M	F	J	V	B	P	N	H	P	F	Z
L	P	Z	D	A	Q	P	L	K	M	D	I	G	B
L	C	H	A	M	O	N	I	X	P	K	D	M	W
E	P	U	A	L	B	E	R	T	V	I	L	L	E
Y	W	O	T	V	T	V	S	T	I	M	E	S	O
N	F	S	A	L	T	L	A	K	E	C	I	T	Y

MIX & MATCH:

1 F	4 E
2 C	5 B
3 A	6 D

More great shows to watch this week...

Zero Chill

Available now, Netflix

The Winter Olympics start this week in northern Italy, so you could get in the wintersports mood with this teen drama series about a twin brother and sister – one an ice hockey player, the other a figure skater.

The Life of Birds

Available now, BBC iPlayer

With schools all around the UK taking part in the RSPB's Big Schools' Birdwatch, this classic wildlife series is a great companion watch. Look out for the episode *Signals and Songs*, which explains how birds communicate.

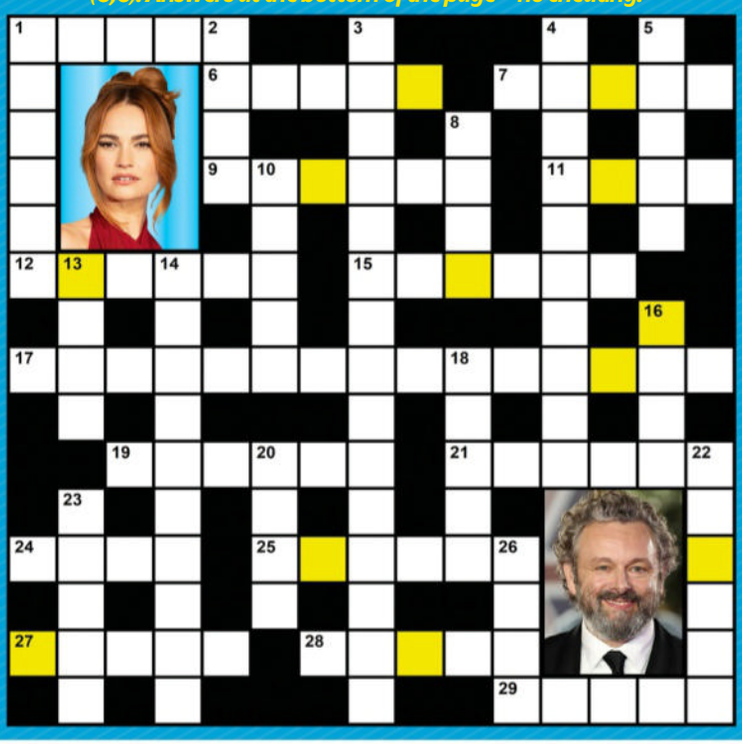
The Muppet Show

Wednesday, Disney+

Kermit the Frog, Miss Piggy and the gang are joined by guests including Sabrina Carpenter and Seth Rogan for this special.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out a Hollywood actor and dancer (6,6). Answers at the bottom of the page – no cheating!



ACROSS

1 American illusionist, ----- Blaine (5)
6 John Candy and Macaulay Culkin film from 1990, ----- *Buck* (5)
7 ----- Gascoigne, won the 2022 series of *Dancing on Ice* (5)
9 Fictional hero who was raised by apes in the jungle (6)
11 See picture clue: *Downton Abbey* actor, ---- James (4)
12 1960 Hitchcock thriller starring Janet Leigh (6)
15 Star of crime drama *Vera* and sitcom *Kate & Koji*, ------ Blethyn (6)
17 1980 song by Barry Manilow (7,8)
19 Patsy ------, played Faye Morton in BBC's *Holby City* (6)
21 ------ Hodgins, actor who plays Victoria Sugden in *Emmerdale* (6)
24 Martin ----, star of BBC1 crime drama *Inspector George Gently* (4)
25 ------ *Ugly*, 2000 comedy drama starring Adam Garcia (6)
27 ----- *for the Sky*, 1956 film about WWII pilot Douglas Bader (5)
28 Brigitte Nielsen fantasy adventure film from 1985, *Red* ----- (5)
29 Isaac -----, American soul singer (5)

DOWN

1 Lesley ------, Brenda Walker in ITV1 soap *Emmerdale* (6)
2 *Romeo &* ----, ITV1 dating game show hosted by Oti Mabuse (4)
3 Actor famously married twice to Richard Burton (9,6)
4 1981 Stevie Nicks album featuring *Stop Draggin' My Heart Around* (5,5)
5 Liza Minnelli's role in 1972 musical film *Cabaret*, ----- Bowles (5)
8 Actor, ---- Bancroft (4)
10 Girls -----, pop group (5)
13 1979 Madness hit, *One* ---- *Beyond* (4)
14 1960s children's stop motion series, ---------- *Green* (10)
16 Musical series set in William McKinley High School (4)
18 Green Day album from 2004, *American* ----- (5)
20 Sitcom with Rupert Grint and Nick Frost, ---- *Note* (4)
22 *Music and* ------, 2007 Hugh Grant romantic comedy 6)
23 See picture clue: *Good Omens* star, Michael ----- (5)
26 Charlize Theron movie released in 2008, *In the Valley of* ---- (4)

WORDS: LYNETTE BRIGHTON. PHOTOS: GETTY, BBC, © WARNER BROTHERS INTERNATIONAL TELEVISION, DISNEY/MITCH HAASETH.

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CROSSWORD SOLUTION

ANSWER: Ginger Rogers **ACROSS:** 1 David 6 Uncle 7 Regan 9 Tarzan 11 Lily 12 Psycho 15 Brenda 17 Bermuda Triangle 19 Kensit 21 Isabel 24 Shaw 25 Coyote 27 Reach 28 Sonja 29 Hayes
DOWN: 1 Dunlop 2 Duet 3 Elizabeth Taylor 4 Bella Donna 5 Sally 8 Anne 10 Aloud 13 Step 14 Camberwick 16 Glee 18 Idiot 20 Sick 22 Lyrics 23 Sheen 26 Eiah

Coming soon

Leo and Clive

Tip Toe

FIRST LOOK

Alan Cumming and David Morrissey star in a fraught suburban thriller

Here's a sneak peek at *Doctor Who* showrunner Russell T Davies' tense upcoming drama *Tip Toe*.

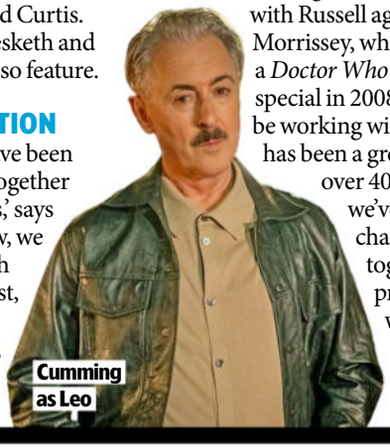
The five-part thriller, airing later this year on C4, sees Alan Cumming as fun-loving Leo, who owns a bar in Manchester's Gay Village and has lived next door to taciturn electrician Clive, played by David Morrissey, for nearly 15 years. But in a world full of division and prejudice, dangerous tensions suddenly erupt between the neighbours and they turn into bitter rivals.

Pooky Quesnel co-stars as Clive's wife Marie, and Jackson Connor and Joseph Evans play his sons George and Saul, while Elizabeth Berrington is Leo's best pal Stephanie and Charlie Condou is his ex-husband Curtis. Paul Rhys, Iz Hesketh and Denise Welch also feature.

COLLABORATION

'Russell and I have been trying to work together for over 20 years,' says Cumming. 'Now, we are doing so with one of my dearest, oldest friends, Dave Morrissey, and in a piece of work so brilliant, prescient and necessary. This is truly an honour.'

'I'm delighted to be working with Russell again,' adds Morrissey, who appeared in a *Doctor Who* Christmas special in 2008. 'And also to be working with Alan, who has been a great friend for over 40 years, but we've never had the chance to work together. It's a privilege to be with them both on this astonishing piece of work.'



Cumming as Leo

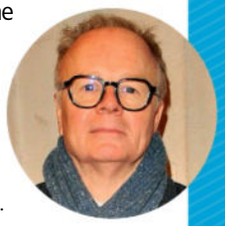
WHAT'S NEXT FOR...

Sally Lindsay

In 5's four-part drama **Number One Fan**, the actor will play obsessive Donna, who saves TV presenter Lucy (Jill Halfpenny) from a terrifying attack, but Donna then worms her way into Lucy's life and a secret emerges.

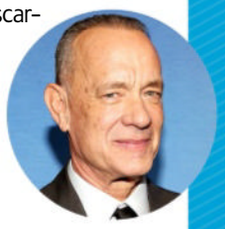
Jason Watkins

C4's three-part factual drama **Dirty Business**, exploring polluted waterways, sees the actor portray a biology professor who joins his neighbour (David Thewlis) to investigate their local sewage plant.



Tom Hanks

A 20-part Sky History documentary **World War II with Tom Hanks**, narrated by the Oscar-winner, will take a fresh look at the key turning points of the conflict, along with its origins and its human impact.



Douglas Henshall

The actor will star alongside Kevin Whately and Samantha Bond in 5's six-part adaptation of Graham Norton's novel **Forever Home**, which centres on a woman who finds a body in her basement.

Next week On sale Tuesday 3 February

Lord of the Flies

BBC1's take on William Golding's classic novel follows schoolboys stranded on an island.

Betrayal

Shaun Evans plays an MI5 officer who learns about a potential terror attack in ITV1's thriller.

Watson

The medic (Morris Chestnut) reunites with Sherlock Holmes as Sky Witness' drama returns.

Small Prophets

In BBC2's comedy, a DIY-store worker (Pearce Quigley) summons magical spirits.

TV&Satellite week

121-141 Westbourne Terrace, London W2 6JR
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For subscriptions inquiries, call 0330 333 1113
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Printed by Walstead UK Ltd

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